

# DBH Cultural Event Newsletter

Editor:  
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## November is National American Indian & Alaska Native Heritage Month

**NOVEMBER 2008**

<http://www.ccp.edu/eeoaa/2008Cal/novmain.htm>

<http://www.interfaithcalendar.org/2007.htm>  
<http://www.wheeloftheyear.com/2007/1107.htm>  
[http://en.wikipedia.org/wiki/List\\_of\\_holidays\\_by\\_country](http://en.wikipedia.org/wiki/List_of_holidays_by_country)  
<http://www.holidaysmart.com/2007/year2007.htm>  
<http://www.web-holidays.com/calendar/november/>  
<http://www.brownielocks.com/november.html>  
<http://hinduism.about.com/library/weekly/extra/bl-alm.htm>  
<http://www.factmonster.com/ipka/a0777465.html>  
<http://www.gatheringofnations.com/powwows/>  
<http://www3.kumc.edu/diversity/november.html>  
<http://www.dom.com/about/education/culture/nov.jsp>  
<http://www.iassw.org/calendar.htm>  
[http://www.statesymbolsusa.org/National\\_Symbols/American\\_Holidays.html](http://www.statesymbolsusa.org/National_Symbols/American_Holidays.html)  
<http://en.wikipedia.org>  
<http://umuc.edu/diversity/heritage.shtml>  
<http://www.thenibble.com/fun/more/facts/holidays-november.asp>  
<http://www.firstpeople.us/>  
<http://www.r6.fws.gov/dcr/indianhistory.htm>  
<http://www.aiefprograms.org>  
<http://www.partyguideonline.com/months/november/nov08.html>  
<http://www.eskimo.com/~recall/bleed/1111.htm>

<http://www.tfdutch.com/foodh.htm>  
[http://italianfood.about.com/od/holidaydishes/a/aa100999\\_2.htm](http://italianfood.about.com/od/holidaydishes/a/aa100999_2.htm)  
[http://www.worldtravelguide.net/country/229/public\\_holidays/Caribbean/Puerto-Rico.html](http://www.worldtravelguide.net/country/229/public_holidays/Caribbean/Puerto-Rico.html)  
<http://www.southtravels.com/africa/egypt/events.html>

**National American Indian & Alaska Native Heritage Month.** The term "American Indian" incorporates hundreds of different tribes & approximately 250 languages. Starting in 1976 as Native American Awareness Week, the period was expanded by Congress & approved by President Bush in August 1990 by designating the month of November as National American Indian Heritage Month. In his proclamation for 1996, President Clinton noted, "Throughout our history, American Indian & Alaska Native peoples have been an integral part of the American character. Against all odds, America's 1st peoples have endured, & they remain a vital cultural, political, social, & moral presence." For more information, contact the Bureau of Indian Affairs: 202-219-4150. FOR MORE INFO:

[www.ihs.gov/PublicAffairs/Heritage/index.cfm](http://www.ihs.gov/PublicAffairs/Heritage/index.cfm)  
[www3.kumc.edu/diversity/ethnic\\_relig/naihnm.html](http://www3.kumc.edu/diversity/ethnic_relig/naihnm.html)

### Internet Resources

<http://www.cr.nps.gov/nr/feature/indian/>  
<http://www.archives.gov/research/alic/reference/native-americans.html>  
<http://www.infoplease.com/spot/aihm1.html>  
<http://www.indians.org/>  
<http://www.native-americans.org/newsletter/newsletter.htm>  
[www.cr.nps.gov/history/categories/etnc3.htm](http://www.cr.nps.gov/history/categories/etnc3.htm)  
<http://www.nvo.com/ecnewsletter/americanindianheritiagemonth/>  
<http://nacc.stanford.edu/>  
<http://www.accd.edu/pac/lrc/nativemo.htm>  
<http://www.mrdonn.org/nativeamericans.html>  
<http://www.american-native-art.com/>  
[www.classbrain.com/artholiday/publish/article\\_248.shtml](http://www.classbrain.com/artholiday/publish/article_248.shtml)  
<http://www.kstrom.net/isk/mainmenu.html>  
[http://www.fitchburgpubliclibrary.org/teen/h\\_nativeamerican.htm](http://www.fitchburgpubliclibrary.org/teen/h_nativeamerican.htm)  
<http://www.historictrees.org/nativeamr.html>  
<http://www.ankn.uaf.edu/Publications/knowledge.html>  
<http://www.healthyminds.org/naian07.cfm>

### Military:

<http://www.defenselink.mil/specials/nativeamerican01/inner.html>  
<http://www.defenselink.mil/specials/americanindian/women.html>  
<http://www.history.navy.mil/faqs/faq61-1.htm>  
<http://www.nativeculturelinks.com/vets.html>  
<http://www.medalofhonor.com/NativeWarriors.htm>  
<http://www.medalofhonor.com/NativeAmericans.htm>

### Native American Women:

<http://members.tripod.com/~flo34/women.html>  
[http://new.vawnet.org/category/index\\_pages.php?category\\_id=621](http://new.vawnet.org/category/index_pages.php?category_id=621)  
<http://photoswest.org/exhib/gallery4/leadin.htm>  
<http://womenst.library.wisc.edu/native.htm>  
<http://www.nativeamericans.com/NotableNativeWomen.htm>  
<http://www.cabrillo.edu/~crsmith/women.html>  
<http://www.powersource.com/gallery/womansp/default.html>  
<http://www.bellaonline.com/articles/art13258.asp>  
<http://www.ewebtribe.com/NACulture/women.htm>  
<http://www.4woman.gov/minority/americanindian/>  
<http://www.ihs.gov/MedicalPrograms/MCH/W/index.cfm>

<http://www.amnestyusa.org/violence-against-women/maze-of-injustice/page.do?id=1021163>  
**Native American authors:** <http://www.ipl.org/div/natam/>  
<http://lexicon.ci.anchorage.ak.us/guides/topictrails/nativelit.html>  
<http://lexicon.ci.anchorage.ak.us/hottopics/nativeheritage.html>

**Index of Native American Resources on the Internet:**  
<http://www.hanksville.org/NAresources/>

**Great Chiefs & Leaders:**

<http://www.indians.org/welker/leaders.htm>

**Alaska Native:** <http://www.alaskanative.net/>

<http://www.nativefederation.org/>

<http://www.ankn.uaf.edu/>

<http://anhb.org/>

<http://sled.alaska.edu/native.html>

[www.cr.nps.gov/history/categories/etnc2.htm](http://www.cr.nps.gov/history/categories/etnc2.htm)

**Native American Tribes/Nations**

<http://www.hanksville.org/NAresources/indices/NAations.html>

<http://groups.myspace.com/californiaindians>

[http://www.500nations.com/tribes/Tribes\\_State-by-State.asp](http://www.500nations.com/tribes/Tribes_State-by-State.asp)

<http://www.statelocalgov.net/other-na.CFM>

[http://www.mce.k12tn.net/indians/navigation/native\\_american\\_chart.htm](http://www.mce.k12tn.net/indians/navigation/native_american_chart.htm)

<http://www.nativetech.org/clothing/regions/regions.html>

<http://www.mnsu.edu/emuseum/cultural/northamerica/>

<http://members.aol.com/MrDonnGeo/NativeAmerican.html>

**ELEM NATION**

<http://www.elemnation.org/>

<http://www.aaanativearts.com/printout44.html>

**Inter-Tribal Council of California, Inc.:**

<http://www.itccinc.org/id3.html>

**California Tribal TANF Partnership (CTTP):**

[www.cttp.net](http://www.cttp.net)

**Art**

<http://www.artnatam.com/>

<http://www.kstrom.net/isk/art/art.html>

<http://www.twonationsbeadworks.com>

<http://southwestaffinity.com/>

<http://www.nativeart.net/>

[http://www.mce.k12tn.net/indians/teaching/native\\_american\\_art\\_design.htm](http://www.mce.k12tn.net/indians/teaching/native_american_art_design.htm)

<http://alaskanativearts.org/index.aspx>

**Native American Bedtime Story Collection:**

<http://the-office.com/bedtime-story/indians.htm>

**National Indian Health Board:** <http://www.nihb.org/>

**National Council of Urban Indian Health:**

<http://www.ncuih.org/index.html>

**Indian Law Resource Center:** [www.indianlaw.org](http://www.indianlaw.org)

**POW WOWS**

<http://www.gatheringofnations.com/powwows/>

<http://www.visitmariposa.net/powwow/>

<http://www.powwows.com/calendar/displaymonth.php>

<http://www.ocbtp.com/powwow/index.html>

<http://www.crystalinks.com/powwow.html>

**Red Nation Television Channel:**

<http://www.rednation.com/media/channel>

**An Online Newsletter Celebrating Native America-**

**Canku Ota (Many Paths):** <http://www.turtletrack.org/>

**Indian Country News:** <http://indiancountrynews.net>

**Indian Country Today:** <http://www.indiancountry.com/>

**Native American Times:** [www.nativetimes.com](http://www.nativetimes.com)

**Native Youth Magazine:** <http://www.nativeyouthmagazine.com/>

**Navajo-Hopi Observer:** [www.navajohopiobserver.com](http://www.navajohopiobserver.com)

**Navajo Times:** [www.navajotimes.com](http://www.navajotimes.com)

**Native American Public Telecommunications:**

[www.nativetelecom.org](http://www.nativetelecom.org)

## A FEW NOTABLE NATIVE PERSONS



**Ben Nighthorse Campbell**, U.S. senator from Colorado. *Born:* April 13, 1933  
*Birthplace:* Auburn, California  
The only American Indian in Congress, Republican senator Ben Nighthorse Campbell is also a Northern Cheyenne chief. He was elected to the U.S. House of

Representatives from Colorado in 1987 & served in the U.S. Senate from 1992–2004. Campbell was a leader in policy dealing with natural resources & public lands & initiated legislation to found the National Museum of the American Indian within the Smithsonian Institution. He declined running for a 3<sup>rd</sup> term in the Senate, citing health & personal reasons, but in November 2004, hinted at a possible run for Colorado governor in 2006. A 3-time U.S. judo champion, Campbell was captain of the U.S. Olympic judo team in 1964. He is also a rancher, horse trainer, & jewelry designer.

[http://en.wikipedia.org/wiki/Ben\\_Nighthorse\\_Campbell](http://en.wikipedia.org/wiki/Ben_Nighthorse_Campbell)



**Black Kettle**, d. 1868, chief of the southern Cheyenne in Colorado. His attempt to make peace (1864) with the white men ended in the massacre of about half his people at Sand Creek. Despite this treachery on the part of the whites, he continued to seek peace with them, & in

1865 he signed the Treaty of the Little Arkansas. The government ignored its guarantees & Black Kettle tried again to negotiate, signing the Medicine Lodge Treaty of 1867. The Cheyenne might have retired to the reservation provided for them, had it not been for Gen. George Armstrong Custer. On Nov. 27, 1868, Custer & his 7th Cavalry attacked Black Kettle's camp on the Washita River without warning & killed the chief & hundreds of Native Americans. [http://en.wikipedia.org/wiki/Black\\_Kettle](http://en.wikipedia.org/wiki/Black_Kettle)



**John Bennett Herrington** NASA astronaut & Navy Commander, he was born in Wetumka, Oklahoma. A member of the Chickasaw tribe, he & his family moved around a great deal when he was a child. By the time he was a senior in high school John had moved 14 times & had

lived in Colorado, Wyoming & Texas. After an unsuccessful attempt at college, he worked on a survey team in the mountains of Colorado. He found that he had an aptitude for math & for solving real-life problems. He returned to college (University of Colorado at Colorado Springs) & received his degree in applied math in 1983. Having always wanted to be a pilot, Herrington joined the Navy & received his commission from Aviation Officer Candidate School in March of 1984 & was designated a Naval Aviator in 1985. He has logged over 3,300 flight hours in over 30 different types of aircraft. In 1995

Herrington received a master's degree in aeronautical engineering from the U.S. Naval Postgraduate School. NASA selected Herrington in 1996 as an astronaut & he reported to the Johnson Space Center in August of that year. He has served as a member of the Astronaut Support Personnel team responsible for Shuttle launch preparations & post-landing operations. Herrington was a member of the 16<sup>th</sup> Shuttle mission to visit the International Space Station (November 23-December 7, 2002). He was the 1<sup>st</sup> Native American to walk in space. Herrington honored his Native American heritage during that walk by carrying 6 eagle feathers, a braid of sweet grass, 2 arrowheads & the Chickasaw nation's flag. He is a life member of the Association of Naval Aviation, University of Colorado at Colorado Springs Alumni Association, a Sequoyah Fellow & a member of the American Indian Science & Engineering Society.

[http://en.wikipedia.org/wiki/John\\_Herrington](http://en.wikipedia.org/wiki/John_Herrington)



**Luci Tapahonso** Navajo, is originally from Shiprock, NM, where she grew up in a family of 11 children. Navajo was her first language but she learned English at home before starting school at the Navajo Methodist Mission in

Farmington, NM. She learned the stories of her ancestors & shares them today in many ways. She majored in English at the University of New Mexico, as an undergraduate & graduate student. She stayed on there as an Assistant Professor of English, Women's Studies & American Indian Studies for a few years. She has been an Associate Professor of English at the University of Kansas & is now Professor of English at the University of Arizona in Tucson where she teaches Poetry Writing and American Indian Literature.

**Wilma Pearl Mankiller** Former chief of the Cherokee Nation. *Born:* 11/18/1945



She was born in Mankiller Flats near Tahlequah, Oklahoma, but as a child was moved with her family to California as part of the Bureau of Indian Affairs Relocation program, an event she details in her book *Mankiller: A Chief and Her People*.

Mankiller's concern for Native American issues ignited in 1969 when members of AIM (American Indian Movement) occupied Alcatraz Island to attract attention to issues affecting their tribes. In 1974 she divorced her husband, by whom she had 2 daughters, & moved back to her ancestral home, where, in 1985, she became the 1<sup>st</sup> woman chief of the Cherokee Nation of Oklahoma & the 1<sup>st</sup> female in modern history to lead a major Native American tribe. She was reelected in 1991, but resigned her position in 1995 for health reasons. Mankiller's numerous awards include: Oklahoma Women's Hall of Fame, 1986; Woman of the Year, Ms. magazine, 1987; John W. Gardner Leadership Award, Independent Sector, 1988; National Women's Hall of Fame, 1993. She married her 2<sup>nd</sup> husband, Charlie Soap, in 1986.



**Adam Beach.** Actor. *Born:* 11/11/1972  
*Birthplace:* Ashern, Manitoba, Canada

He was born a Saulteaux Indian (part of the Ojibwa Nation) and lived on the Dog Creek Indian Reservation in Manitoba until the death of his parents when he was 8 years old. His 1<sup>st</sup> love was music & for a short time he played in a heavy metal band. Acting quickly became his professional choice when he got a small part in a Graham Greene TV movie, *Lost in the Barrens* (1990). His big break came when he earned the lead in Disney's *Squanto: A Warrior's Tale* (1994). He played the part of Victor Joseph in Chris Eyre's *Smoke Signals* (1998), a film that won the Audience Award & Filmmakers Trophy at the Sundance Film Festival. Beach was one of 3 North American Indians tribesmen who appeared prominently in 2002's *Windtalkers*, about the World War II Navajo code talkers. He played the role of Jim Chee in PBS's productions of Tony Hillerman's novels, *Skinwalkers* (2002), *Coyote Waits* (2003), & *A Thief of Time* (2004). His latest project is in Clint Eastwood's *Flags of Our Fathers* (2006).



**Buffy Sainte-Marie.** Singer, songwriter, activist, artist. *Birthplace:* Piapot Reservation, Qu'Appelle Valley, Saskatchewan, Canada. *Born:* February 20, 1941. Cree. She made 17 albums of her music, 3 of her own television specials, spent 5 years on Sesame Street, scored movies, helped to found Canada's 'Music of

Aboriginal Canada' JUNO category, earned a Ph.D. in Fine Arts, taught Digital Music as adjunct professor at several colleges, & won an Academy Award Oscar for the song "Up Where We Belong". Presently she operates the Nihewan Foundation for Native American Education whose Cradleboard Teaching Project serves children & teachers in 18 states.



**Alanis Obomsawin** Is a Canadian filmmaker of Abenaki descent. Born in New Hampshire & raised primarily in Quebec, she has produced & directed many National Film Board documentaries on First Nations culture & history. She began her career as a singer, songwriter & storyteller. Her best known documentary

is probably *Kanehsatake: 270 Years of Resistance*, about the 1990 siege at Oka.

[http://en.wikipedia.org/wiki/Alanis\\_Obomsawin](http://en.wikipedia.org/wiki/Alanis_Obomsawin)

**For More Info on Notable American Indians:**

<http://www.infoplease.com/spot/aihmbioaz.html#a>

**American Diabetes Month.**

<http://www.diabetes.org/communityprograms-and-localevents/americanidiabetesmonth.jsp>

**Wuwuchim: HOPI.** A 16 day ceremony which is the 1st of a 3-part celebration of the creation of the universe. The religious societies perform the New Fire ceremony in their respective kivas & the young men are initiated into the tribe. <http://www.ausbcomp.com/redman/hopi.htm>

**November 1**

**Children's Day: Panama.** Public holiday.



🌻 **Den na narodnite buditeli (National Revival Day): Bulgaria.** Celebrating the leaders of the Bulgarian National Revival period.

🌻 **Dan Spomina na Mrtve (Remembrance Day): Slovenia.** Formerly called *dan mrtvih* (The Day of the Dead).

🌻 **3rd ANNUAL LOS ANGELES RED NATION RESPECTING THE WATER OF LIFE CEREMONY** THERE IS ONLY ONE WATER, ONE EARTH, ONE SKY, ONE MOON, ONE SUN. This event includes City Officials, Red Nation Celebration members, Spiritual Leaders holding a public "Respecting the Water of Life Sunrise Ceremony." Water is very sacred to the indigenous peoples of this land as they believe it is the bloodline to Mother Earth. **WHEN:** Saturday, November 1, 2008, 5:30 a.m. sunrise ceremony. **SITE:** Bette Davis Picnic Area, Griffith Park. **COST:** FREE

<http://www.rednation.com/heritage/currentevents>

🌻 **All Saints Day: Christian (Austria, Belgium-nl: Allerheiligen, Chile-Día de Todos los Santos, France-Toussaint, Germany [Baden-Württemberg, Bavaria, North Rhine-Westphalia, Rhineland-Palatinate, Saarland]-Allerheiligen, Hungary-Mindenszentek, Italy-Ognissanti, Peru, Philippines-Todos los Santos/Undas/Araw ng mga Namayapa, Poland-Wszystkich Świętych, Portugal-Todos os Santos, Spain-Todos los Santos, Switzerland [Observed in the Catholic Regions], Venezuela-Día de Todos los Santos).** Catholic & Orthodox Christians celebrate the memory of the Christian saints & martyrs, & also of family members who have died. In many countries, including Spain, Mexico & Poland it is a public holiday. People visit family graves. Russians often take vodka & snacks with them, making the occasion joyful as well as solemn. In Mexico, the holiday is called *Día de los Muertos*, the Day of the Dead. It is one of the most important & dramatic holidays of the year. It is a Roman Catholic holy day of obligation & is a public holiday, in many Catholic countries.

**FOOD AND DRINK:** The Spanish make a hollow cookie called *huesos de santo*, saints' bones, by rolling dough around a piece of bamboo & frying it. It is filled with cream or custard & dusted with sugar & cinnamon.

<http://www.newadvent.org/cathen/01315a.htm>

🌻 **Day of the Dead (Día de los Muertos): Mexico.** Beginning on the evening of October 31 & celebrated through November 2 by Mexicans & Mexican Americans, this holiday has its roots in 2 traditions: the Christian observance of All Saints & All Souls Day, & two Aztec festivals on which the souls of the dead were welcomed back to visit those who remembered them. Central to the observance is the creation of an *ofrenda*, or altar, in the home, with flowers, foods, & favorite possessions to honor the memory of deceased loved ones & to welcome their visiting souls. It is celebrated with family & community gatherings, music, & feasting, & the festivity of its observance acknowledges death as an integral part of life. The original celebration can be traced to many Mesoamerican native traditions, such as the festivities held during the Aztec month of Miccailhuitontli, ritually presided by the "Lady of the Dead" (*Mictecacihuatl*), &

dedicated to children & the dead. In the Aztec calendar, this ritual fell roughly at the end of the Gregorian month of July & the beginning of August, but in the postconquest era it was moved by Spanish priests so that it coincided with the Christian holiday of All Hallows Eve (in Spanish: "Día de Todos Santos.") This was an effort to transform the observance from a profane to a Christian celebration. The result is that Mexicans now celebrate the day of the dead during the first 2 days of November, rather than at the beginning of summer.

**Recognizing the Festival/Holiday:** In Mexico, candy skulls & skeletons are popular treats, along with *pan de muerto*, a sweet bread decorated with bones & skulls & colored sprinkles. Sweet confections based on peanuts, coconut, sesame seeds, pumpkin, and sweet potato are popular, as are stuffed peppers of various sorts and tamales. These are mixtures of white cornmeal with meat, vegetables, and seasonings cooked inside a banana leaf or other large leaf, which keeps them moist. Many other countries have special cakes or cookies for the day. In southern Italy, children receive baskets filled with nuts, pomegranates, & *martorana* (colored marzipan fruit), & are told it is a gift from their ancestors.

Throughout the country there are skull- or bone-shaped cookies called *osso da mordere*, dead men's bones, made from ground almonds & eggs, sometimes flavored with cocoa. *Fave dei morti*, dead men's beans, are butter cookies flavored with rum or brandy. Like the marzipan fruit of the south, these cookies are hidden as a present to the children from the departed ones.

In Balkan countries--Bulgaria, Rumania, Albania, Greece, and the republics of the former Yugoslavia--*kolivo* or *zhito*, a wheat porridge with raisins & honey, is topped with silver dragees or almonds to make a cross & the initials of the dead. This dish is also made for funerals & at the masses said at set intervals after a person has died.

FOR MORE INFO:

<http://www.tomzap.com/muertos.html>

[www.mexconnect.com/mex\\_/feature/daydeadindex.html](http://www.mexconnect.com/mex_/feature/daydeadindex.html)

[www.azcentral.com/ent/dead/](http://www.azcentral.com/ent/dead/)

[www.mexonline.com/daydead.htm](http://www.mexonline.com/daydead.htm)

[http://www.carnaval.com/sf/DayoftheDead\\_links.htm](http://www.carnaval.com/sf/DayoftheDead_links.htm)

🌻 **Samhain: Pagan & Wiccan.** Samhain, the most important of the major sabbats, marks the end of the 3rd & final harvest in the Wheel of the Year. It is a time to remember the dead & to celebrate the cycle of life. Samhain emphasizes the triumph of life over death. Since the new Celtic year began at dusk on October 31, the Eve of Samhain (Oidhche Shamhna) was the most important



part of the ancient Celtic holiday. The fruits of the harvest were gathered for a feast & each village had a great bonfire. Oidhche Shamhna was a holy time when it was believed that the veil between the mortal world and the otherworld was at its thinnest during the gap in time between the old & new years. During this time, people would perform rituals to contact their ancestors in the otherworld. It was believed that the souls of the dead would revisit their earthly homes, so food & drink were left out for them. Turnips carved with spirit guardians were set outside people's doors to protect them from any unfriendly spirits, while young people, dressed in disguises, pretended to be the returning dead or spirits from the otherworld. Divination rituals were performed since the veil between present & future was then at its most transparent. Since it was believed that the break in time loosened the structure of society, people flouted convention & played tricks on one another. The newly established Christian religion found many of the Celtic beliefs to be compatible with their own, such as the belief in the importance of family and showing respect for the dead. Christians incorporated Pagan customs into their holidays so that those who converted to Christianity could continue to celebrate their old festivals. Samhain was given a Christian blessing in A.D. 837, at which time November 1 was designated the Feast of All Saints, or Hallow Tide, and Oidhche Shamhna became Hallow E'en.

**Recognizing the Festival/Holiday:** In Belgium, an old custom was to prepare "cakes for the dead," small white cakes or cookies. A cake was eaten for each spirit honored, with the belief that the more cakes you ate, the more the dead would bless you. A number of the symbols & customs of Samhain, such as carving turnips (later, pumpkins), wearing costumes, & playing pranks, have been retained in the evolution of Halloween. Neo-Pagans continue the ancient Celtic practices of divination and performing rituals to contact deceased loved ones in modern day celebrations of Samhain.

<http://en.wikipedia.org/wiki/Samhain>  
<http://www.wicca.com/celtic/akasha/samhainlore.htm>  
**Fon/Vodou feast of Ghede, Loa of the Dead. 11/1 to 11/2.** Time for honoring ancestral spirits. Fon/Vodouisants believe all Loas (Deities) originate from Co-Creators Goddess-God Mawu- Lisa.

**Mindfulness Day: Zen Buddhist.** Day for mindfully seeing & acting with compassion for the Earth & all creatures.

**Daylight Saving Time Ends: United States.** In an effort to conserve resources for the efforts of World War I, Congress approved a law that altered each U. S. time zone's standard time by moving clocks ahead by one hour. The plan, known as Daylight Saving Time (DST) lasted only 7 months & was very unpopular because most Americans at that time awoke earlier & went to bed later than we do now. The law was eventually repealed. In the early stages of World War II, Congress decided to return the country to Daylight Saving Time in order to conserve energy. During this period, the U.S. observed DST continuously from February 2, 1942 until September 30, 1945. Following the war, states & municipalities were

allowed to observe DST at their discretion. This created a great deal of confusion for the broadcasting industry & for many transportation companies because DST was not observed uniformly. Therefore, Congress enacted the Uniform Time Act in 1966. The law simply states that if DST is going to be observed, it must be done in a uniform manner. The Act established the beginning of DST as the last Sunday in April & the end of DST as the last Sunday of October. In 1986, an amendment (Public Law 99-359) to the Act changed the beginning date to the 1<sup>st</sup> Sunday in April. States may choose whether or not they will observe DST. States & territories who do not observe DST include Arizona, Hawaii, the Eastern Time Zone section of Indiana, American Samoa, Puerto Rico, & the Virgin Islands. **Beginning in 2007,** Daylight Saving Time is extended one month & begins for most of the United States at: 2 a.m. on the **2nd Sunday in March-Spring Forward** (set clocks forward 1 hour). Ends: 2 a.m. on the **1st Sunday of November-Fall Back** (set clocks back 1 hour). <http://webexhibits.org/daylightsaving/b.html>

## November 2

🗓️ On this date in 1976 **Barbara Ann Mikulski** became the 1<sup>st</sup> Polish-American elected to U.S. Congress.

<http://mikulski.senate.gov/>

🗓️ Day the 1<sup>st</sup> openly gay man was consecrated an Episcopalian bishop (2003).

🗓️ **World War I Victory Day observed: Italy.** This marks the end of the war in Italy in 1918.

🗓️ **Dia dos Finados (Dead People's Day): Brazil, Macau.** Day where people remember those who have passed on. They take candles to the cemetery & say special masses at the church. It is kind of like Memorial Day in the US, only with greater religious overtones.

🗓️ **All Souls Day: Christian.** This is a Roman Catholic holiday for commemorating those souls who have been baptized, but who are still considered to be in purgatory for committing lesser sins. Prayers offered on their behalf are thought by Roman Catholics to help cleanse these sins & increase their likelihood of entering heaven.

[http://en.wikipedia.org/wiki/All\\_Souls\\_Day](http://en.wikipedia.org/wiki/All_Souls_Day)

<http://www.fisheaters.com/customstimeafterpentecost12ac.html>

🗓️ **Anniversary of the Crowning of Haile Selassie:**

**Rastafarian.** This sacred holiday for the Rastafarians commemorates the coronation of Ras (Prince) Tafari Makonnen as Emperor Haile Selassie I of Ethiopia on November 2, 1930.

The name "Haile Selassie" means "Power of the Trinity" in Amharic, & to his followers Emperor Haile Selassie was known as the King of Kings, Conquering Lion of the Tribe of Judah, King of Zion, & the 225th restorer of the Solomonic Dynasty. Although the Rastafarians hailed him as their messiah, Emperor Haile Selassie was a devout Christian & did not share the Rastafarian beliefs.



🗓️ **Day of the Dead (Día de los Muertos): Mexico.**

🌿 **Aztec Day of the Dead.** Day for honoring the departed & Mictlancihuatl & Miclanteuctli, Goddess & God of the Dead. Aztecs believe all Gods are united in Great God Omoteuctli, all Goddesses are united in Great Goddess Omecihuatl, & the Great God & Goddess are united in Omecotl.

🌿 **Ancestors' Day: Hopi & Zuni.** Food offerings are put into rivers & lakes in honor of the ancestors.

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## November 3

🌿 On this date in 1992 **Carol Mosely Braun**, became the 1<sup>st</sup> African-American woman elected to U.S. Senate.

🌿 **Bunka No Hi (Culture Day): Japan.** This public holiday was established in 1948 to promote the appreciation of peace & culture. The emperor awards Cultural Orders of Merit to those who have made major contributions to Japanese culture.

🌿 **Independence from Colombia: Panama.** After the Spanish conquest of Colombia in the 14<sup>th</sup> century, Spain established colonies in Panama, which became part of Colombia. In 1903, Panamanians, supported by the US, which wanted to build a canal across the country, revolted & declared Panama independent of Colombia.

🌿 **Independence of Cuenca: Ecuador.** This marks the day in 1820 that Cuenca, Ecuador declared its independence from Spain.

🌿 **Feast of St. Martin of Porres (d. 1639): Christian.** Healer & advocate of social equality & inter-ethnic harmony; guide of healers & human rights activists.

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## November 4

🌿 **William (Will) Rogers Jr. (1879–1935): American Indian (Cherokee).** Humorist. Rogers' homespun humor won him national fame & great popularity as a stage & film actor, radio personality, & writer of a syndicated newspaper column. The targets of his barbs ranged across the entire political spectrum.

[http://en.wikipedia.org/wiki/Will\\_Rogers](http://en.wikipedia.org/wiki/Will_Rogers)

🌿 **Flag Day: Panama.** Public holiday.

🌿 **День народного единства (Day of People's Unity or National unity day): Russia.** 1<sup>st</sup> celebrated in 2005, commemorates the popular uprising which ejected the Polish-Lithuanian occupying force from Moscow in November of 1612 & more generally the end of the Time of Troubles & foreign intervention in Russia. Its name alludes to the idea that all the classes of Russian society willingly united to preserve Russian statehood when its demise seemed inevitable, even though there was neither Tsar nor Patriarch to guide them. Most observers view this as an attempted replacement holiday for November 7 to counter Communist demonstrations, due to its proximity on the calendar.

This is a public holiday commemorating the liberation of Moscow from Polish-Lithuanian occupation in 1612, bringing to an end decades of civil war & foreign intervention in Russia known as the Time of Troubles. Also on this date in 1721 (October 22 according to the Julian calendar), Peter the Great

was acclaimed "Father of the Nation and Emperor," effectively creating the Russian Empire.

🌿 **WWI Victory Day: Italy.** This marks the end of the war in Italy in 1918. (Anniversary date)

🌿 **General Election Day: United States.**

🌿 **Melbourne Cup Day: Australia.** 1<sup>st</sup> Tuesday in November (Victoria only, although observed by many businesses across the country).

🌿 **Feast honoring the one Deity as Qudrat: Baha'i.** Divine Power.

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## November 5

🌿 On this date in 1968, **Shirley Anita St. Hill Chisholm**, became the 1<sup>st</sup> African-American woman elected to U.S. Congress & was re-elected 6 times.

🌿 **Guy Fawkes Day: Great Britain & N. Ireland.** On the night of November 5<sup>th</sup>, throughout Britain, bonfires are set alight, effigies are burned, & fireworks are set off.

The people do this to commemorate their country's most notorious traitor. <http://www.bonfire.org/guy/>

🌿 **Devi Puja: Hindu.** Day to fast from grains & meat & make offerings to Hindu Goddess Maha Devi. Flowers, incense, lamps, & vegetarian food are offered; bells are rung & drums beaten.

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## November 6

🌿 **John Philip Sousa (1854–1932): Portuguese American.** Composer & band conductor. Sousa wrote a number of marches that by virtue of their military vigor, tunefulness, & instrumentation brought him the title "The March King." Perhaps the most famous of the marches he composed was "Stars & Stripes Forever." He also invented the sousaphone, a tuba-like instrument named for him.

[http://en.wikipedia.org/wiki/John\\_Philip\\_Sousa](http://en.wikipedia.org/wiki/John_Philip_Sousa)

🌿 **Dalip Singh Saund**, born in Amritsar, India, was elected to U.S. Congress today in 1956, the 1<sup>st</sup> Indian to hold such office.

🌿 **Red Cloud**, a chief of the Oglala Sioux, signed a treaty today in 1868 that provided for the abandonment of Forts Reno, Kearney and C.F. Smith, thus becoming the 1<sup>st</sup> Native American to win territorial concessions from the U.S. federal government.

🌿 **Anniversary of the Green March: Morocco.** Named after the holy color of Islam, Green March Day commemorates the occasion in 1975 when King Hassan II mobilized 350,000 civilian Moroccans, both men & women, to march into the Western Sahara to reassert Morocco's sovereignty over the area. This is seen as an important demonstration of Moroccan nationalism.

🌿 **Constitution Day: Dominican Republic.** The Dominican Republic's first constitution was adopted on November 6, 1844.





☛ **Day a Muslim woman 1st defied a ban on women entering the mosque by the front door & praying in the main hall (2003).** In the Morgantown, West Virginia, mosque, as in many mosques in the United States & elsewhere, women are required to enter by a back door & pray in a separate room. Asra Nomani, the author of "Standing Alone in Mecca", has begun a movement to desegregate mosques throughout the United States. Members of her mosque are attempting to ban her from the mosque because of her efforts to desegregate it.  
[http://en.wikipedia.org/wiki/Asra\\_Q.\\_Nomani](http://en.wikipedia.org/wiki/Asra_Q._Nomani)  
<http://www.asranomani.com/>  
 ☛ **Feast of Old Greek Deities Aphrodite & Eros. 11/6 eve to 11/7 eve.** Day to honor love & passion.

## November 7

☛ **Marie Sklodowska-Curie (1867–1934): Polish French.** Scientist. A Polish-born researcher who became the 1<sup>st</sup> woman professor at the Sorbonne, Marie Sklodowska-Curie was awarded the Nobel Prize for physics (shared with her husband, Pierre Curie, & Henri Becquerel) in 1904 for her studies of radioactivity. In 1911 she won the Nobel Prize for chemistry for her discovery of the elements radium & polonium, the latter named for her native country.



☛ **L. Douglas Wilder**, on this date in 1989 in Virginia, he was elected the 1<sup>st</sup> African-American U.S. Governor.

☛ **Commemoration Day: Tunisia.** This day commemorates the accession of President Ben Ali, who took power on November 7, 1987 in a bloodless coup, ousting President Habib Bourguiba.

☛ **Day of Accord and Reconciliation (observed): Russia, Ukraine.** This commemorates the Bolshevik Revolution in Russia that began in October 1917.

☛ **National Revolution and Solidarity Day: Bangladesh.** This day marks the 1975 civil-military uprising led by Colonel Abu Taher, ending the 3-day counter-coup organized by General Khaled Mosharraf in the wake of the August 15, 1975 coup in which President Mujibur Rahman was assassinated. This uprising helped to put General Ziaur Rahman, founder of the Bangladesh National Party, in power. The soldiers' & peoples' unity on this day is credited with saving the country's national independence, sovereignty & multi-party democracy.

☛ **World Community Day.** Day for celebrating the unity behind diversity & remembering we are all one people - all children of the one universal Deity of many names & aspects.

## November 8

☛ On this date **Crystal Bird Fauset & Edward William Brooke** were the 1<sup>st</sup> African-Americans to be elected to office, Fauset to the State legislation of Pennsylvania in 1938, Brooke to U.S. Senate in 1966 from Massachusetts.

☛ **St. Claude's Day: Christian.** Patron of sculptors.

☛ **Vishnu Puja: Hindu.** Day to fast from grains & meat & make offerings to Hindu God Vishnu. Flowers, incense, lamps, & vegetarian food are offered; bells are rung & drums beaten.

☛ **National Cappuccino Day.**

<http://en.wikipedia.org/wiki/Cappuccino>

<http://www.coffeegeek.com/guides/frothingguide/steamguide>

## November 9

☛ **Benjamin Banneker (1731–1806): African American.** Astronomer & mathematician. Largely self-taught, he mastered mathematics, mechanical principles, & the use of astronomical & surveying instruments. As a young man he designed & carved an accurate wooden clock; in 1791 he assisted the surveyor of the site where the new national capital city was to be built. After teaching himself to predict eclipses, he published a widely read almanac.

☛ **Berlin Wall** separating communist East & democratic West Germany opened today in 1989.

<http://www.newseum.org/berlinwall/>

<http://www.andreas.com/berlin.html>

<http://www.berlin-wall.tv/>

☛ **Iqbal Day (Birthday of Sir Dr. Muhammad Iqbal): Pakistan.**

☛ **Father's Day: Finland.** Public holiday.

☛ **Kristallnacht (also known as Reichskristallnacht, Pogromnacht & the Night of Broken Glass): Hebrew/Jewish.** Night of the Nazi attacks on Jewish homes, synagogues, & shops in Germany, beginning the persecution that would end with the deaths of 6 million Jews (1938); night for meditating on the evil of all religion-based hatred. Was a pogrom<sup>[1]</sup> against Jews throughout Germany & parts of Austria on November 9–10, 1938. In a few hours, thousands of synagogues & Jewish businesses & homes were damaged or destroyed. This event came to be called Kristallnacht ("Night of Broken Glass") for the shattered store windowpanes that carpeted German streets.

<http://en.wikipedia.org/wiki/Kristallnacht>

<http://www.ushmm.org/museum/exhibit/online/kristallnacht/frame.htm>

<http://www.mtsu.edu/~baustin/knacht.html>

<sup>[1]</sup> **Pogrom** (from Russian: погром; from "громить": to wreak havoc, to demolish violently) is a form of riot directed against a particular group, whether ethnic, religious or other, and characterized by destruction of their homes, businesses and religious centers. Usually pogroms are accompanied with physical violence against the targeted people and even murder or massacre. The term has historically been used to denote extensive violence, either spontaneous or premeditated, against Jews, but has been applied to similar incidents against other, mostly minority, groups.

## November 10

☛ **Tulip Lantern Festival: Switzerland.**

☛ **Mortensaften (The Feast of Saint Martin): Denmark.** Sankt Morten is the Danish name of Saint Martin of Tours.


Martin was forced to become a bishop by his parishioners & tried to hide in a barn. However, the noise of the geese gave him away. As "revenge" Danes traditionally eat goose this evening.

<http://www.scandinavica.com/culture/tradition/martin.htm>


## November 11

### **Narodowe Święto Niepodległości or Dzień**


**Niepodległości (Independence Day): Poland.** The kingdom of Poland had been partitioned among Austria, Prussia, & Russia since 1772. After World War I ended in 1918, Poland was declared independent, with Josef Pilsudski as its 1<sup>st</sup> head of state.


 **Remembrance Day (Armistice Day): Belgium, Canada, France, United Kingdom.** Originally called Armistice Day, this holiday commemorates the day in 1918 that an armistice was signed by the Allies & the Germans at "the eleventh hour of the eleventh day of the eleventh month" & fighting stopped on the Western Front in Europe, bringing World War I to an end. This holiday now honors all those from the Commonwealth of Nations & various European countries who died in World Wars I & II, the Korean War, & all other wars. In 1931, Canada changed the name of the holiday to Remembrance Day, & now observes this day as a public holiday to honor the more than 1,500,000 Canadians who served & the 100,000 who died in World Wars I & II & in the Korean War. After World War II, the United Kingdom changed the name of the holiday to Remembrance Day throughout the Commonwealth of Nations & designated the 2nd Sunday in November as Remembrance Sunday. In Belgium & France, Armistice Day is a public holiday observed with solemn commemorative ceremonies at war memorials & cemeteries.

**Recognizing the Festival/Holiday:** People commemorate this day by wearing poppies, the flower of remembrance, in remembrance of the poppies that bloomed across the battlefields of Flanders in World War I & by pausing at 11 o'clock for 2 minutes of silence. Special commemorative ceremonies are held at war memorials, cemeteries, & churches. In Belgium, the annual commemoration in Ypres is the focus of Armistice Day ceremonies, with a service of remembrance at St. George's Church, followed by the Poppy Parade & a special Last Post ceremony at the Menin Gate Memorial. In France, the president leads a wreath-laying ceremony at the Arc de Triomphe in Paris, & a ceremony is held in the Compiègne Forest where the armistice was signed. In the United Kingdom a national service of remembrance is held at the Cenotaph on Remembrance Sunday, where poppy wreaths are laid on the monument's steps.

 **Eleven Eleven Day: Netherlands.** Tradition says 11 is the number of fools. On the 11th day of the 11th month a council of 11 begins organizing the next year's carnival, "so anyone can be as foolish as he or she cares to be for those three days."

 **Remembrance Day: Australia.** Not a public holiday.

 **Remembrance Sunday: Great Britain.**

 **Veterans Day: United States.** Originally called Armistice Day, this holiday commemorates the day in 1918 that an armistice was signed by the Allies & the Germans at "the eleventh hour of the eleventh day of the eleventh month,"

bringing World War I to an end. The holiday was established to honor the millions who had died in the war & to serve as a day of reflection & rededication to world peace. In 1954, the U.S. Congress changed the name of the holiday to Veterans Day & it now honors all who have served in all the nation's military.

**Recognizing the Festival/Holiday:** Many towns & cities hold parades & services at war memorials. National ceremonies are held in Arlington National Cemetery at the Tomb of the Unknown Soldier. At 11 a.m., a color guard executes "Present Arms" at the tomb. The nation pays tribute to its war dead by the laying of a presidential wreath & the playing of "Taps."

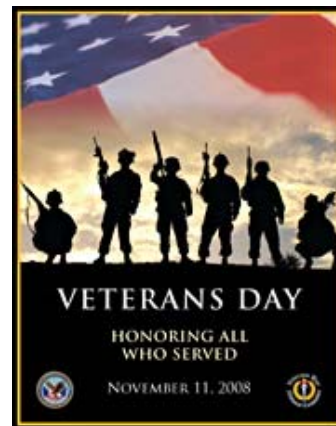
<http://www1.va.gov/opa/vetsday/>

### **History Channel-Take a Veteran to School Day.**

The HISTORY Take a Veteran to School Day initiative returns in 2008 as a national campaign, linking veterans of all ages with young people in our schools and communities.

Sign up to participate this fall:

[http://www.history.com/minisite.do?content\\_type=mini\\_home&mini\\_id=54799](http://www.history.com/minisite.do?content_type=mini_home&mini_id=54799)



## November 12

### **Sor Juana Inés de la Cruz (1651–1695): Mexican.**

Poet. Recognized as the greatest poet of the Spanish colonies in America, Inés de la Cruz was an intellectual prodigy who learned to read at the age of 3 & became famous as a young woman for her beauty & brilliance. After her retirement to a convent, she studied theology, literature, history, science, & music, & corresponded with leading poets & scholars in both America & Europe. Her poetry won acclaim on both continents. When her religious superiors questioned the appropriateness of her secular pursuits, she wrote a passionate defense of women's right to learning.


<http://www.los-poetas.com/l/sor.htm>


<http://www.clubletores.com/biografias/sorjuana.htm>

<http://www.dartmouth.edu/%7Esorjuana/>

### **Sun Yat-sen's Birthday (1866–1925): Republic of China (Taiwan).**

Also national holiday. Revolutionary leader. Sun Yat-sen is honored on his birthday in Taiwan & on March 12<sup>th</sup> the anniversary of his death, in the People's Republic of China. Sun Yat-sen was the leader of the revolution of 1911, which brought an end to the Ch'ing Dynasty, & founded the Republic of China.

 **Doctors' Day: Republic of China**

 **Cultural Renaissance Day: Republic of China**



**🌱 Birthday of Baha'u'llah (1817–1892): Baha'i.** This date marks the birthday of the prophet-founder of the Baha'i faith. Baha'u'llah was a member of one of the great aristocratic families of Persia who renounced his wealth & position to embrace the teachings of the Bab. He was subjected to imprisonment, torture, & exile. During his exile in Baghdad in 1863, he declared that he was the messenger of God predicted by the Bab. He preached the coming unification of all humanity & the emergence of a world civilization.

**🌱 Tewa Buffalo Dance: Native American. 11/12 to 11/15.** Focused on healing. Tewa rites honor Mother Earth, Father Sky, & the four directions & elements of life - air of the North, earth of the East, fire of the South, & waters of the West.

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## November 13

**🌱 Louis D. Brandeis (1856–1941): Jewish American.** Lawyer & jurist. Throughout his distinguished career & particularly during his service on the Supreme Court from 1916 to 1939, he became known for his vigorous defense of civil liberties & of the interests of those threatened by the activities of large corporations, as well as for his insistence that legal issues be viewed in their economic & social context.

**🌱 Carl Burton Stokes,** on this date in 1967 was the 1<sup>st</sup> African-American U.S. Mayor to be elected in Cleveland.

**🌱 Guru Nanak Ji's Birthday celebrated (1469–1539): Sikh.** He was the founder of Sikhism, which comes from the Hindi word *sikh*, meaning "disciple." Sikhism is one of the 3 religions most widely practiced in India with approximately 16 million followers, mostly concentrated in the state of Punjab in northern India. Sikhism is based on the revelations of its founder, the mystic guru Nanak. It opposes idolatry & emphasizes the unity of one god & all peoples. Sikhs also celebrate the birthday of Guru Gobind Singh Ji (1666–1708). (Guru Nanak Dev Ji's Birthday is not in the lunar month of Kattak! Yet the entire Sikh nation, celebrates it during the lunar month of Kattak which falls generally in October or November.)

[http://en.wikipedia.org/wiki/Guru\\_Nanak\\_Dev](http://en.wikipedia.org/wiki/Guru_Nanak_Dev)  
<http://www.sikh-history.com/sikhhist/gurus/nanak1.html>  
<http://www.tapoban.org/phorum/read.php?f=1&i=4725&t=4725>

**🌱 National Indian Pudding Day: U.S.**

[http://www.elise.com/recipes/archives/000251indian\\_pudding.php](http://www.elise.com/recipes/archives/000251indian_pudding.php)  
<http://southernfood.about.com/od/crockpotdessertrecipes/r/bl19c10.htm>  
<http://www.lanierbb.com/recipes/data/ds199.html>  
<http://www-personal.umich.edu/~amidkiff/pudding/recipes.html>

**🌱 World Kindness Day.** The spark for World Kindness Day was lit at the Second Conference of the World Kindness Movement in November 1997 in Japan. Starting as random acts of kindness, the movement now has members in more than 17 countries. They are committed to building a global organization dedicated to inspire & promote kindness.

<http://www.actsofkindness.org/people/days.asp>  
[http://www.kindness.com.au/world\\_kindness\\_day.htm](http://www.kindness.com.au/world_kindness_day.htm)  
<http://www.betterworldcalendar.com/kindnessday.htm>

## November 14

**🌱 Aaron Copland (1900–1990): Jewish American.**

Composer. One of America's most distinguished composers of orchestral music & a beloved teacher & mentor to younger composers, he wrote a number of works that achieved the status of classics in his lifetime. The best known of these are his scores for the ballets "Rodeo," "Billy the Kid," & "Appalachian Spring."

**🌱 King Hussein Remembrance Day: Jordan.** This commemorates the life of His Majesty King Hussein ibn Talal, who ascended to the Hashemite throne on May 2, 1953, when he assumed his full constitutional powers upon reaching the age of 18. King Hussein reigned for 46 years and at the time of his death on February 7, 1999, he was the longest serving executive head of state in the world, having transformed his Kingdom into one of the Middle East's most modern, industrious, and stable nations.

**🌱 Children's Day: India.** Celebrated November 14th every year on Nehruji's birthday as a day of fun & frolic, a celebration of childhood, children & Nehruji's love for them. Bearing a rose on his pocket and embracing the children of India, both metaphorically through his policies, as well as literally during the routine government functions, Nehruji endeared himself to the kids of India.

<http://www.mypandit.com/mypandit/user/childrensday.jsp>

**🌱 Dutch American Heritage Day: United States.** On November 14, 1991, President Bush signed a proclamation later adopted by Congress establishing this day to recognize the contributions made by people of Dutch ancestry to the US. The Dutch settled in North America in the 1600s, creating in 1625 the colony of New Amsterdam in what is now Manhattan. Approximately 8 million people of Dutch ancestry live in the US, including many who played an important role in American history, such as both Theodore & Franklin Roosevelt, both descendants of Claes Martenszen van Rosenvelt, a farmer who settled in New Amsterdam in the 1640s.

<http://www.thehollandring.com/dutchculture.shtml>

<http://www.smarterscience.com/earthblog/?p=175>

<http://www.netherlands-embassy.org/article.asp?articleref=AR00000379EN>




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## November 15

**🌱 Felix Frankfurter (1882–1965): Jewish American.**

Lawyer, teacher, jurist. Frankfurter taught law at Harvard Law School, was an advisor to President Wilson, & helped to found the American Civil Liberties Union. He was appointed to the US Supreme Court by President Franklin Roosevelt in 1939.

**🌱 Proclamation of the Republic: Brazil.** This commemorates the day in 1889 that Brazil's 2<sup>nd</sup> Emperor, Dom Pedro II, was deposed & the United States of Brazil was declared.

**🌱 Shichi-go-san (Seven, Five, Three Festival): Japan.** On this Shinto holiday, families celebrate a child's accomplishment of achieving the ages of 3, 5, or 7. By

custom, parents bring their children to the tutelary shrine: boys at ages 3 & 5, girls at 3 & 7. Although previously ages were reckoned by the *kazodoshi* system, according to which a child was born with age one & turned 2 on New Year's Day, parents nowadays bring their children to shrines according to age based on birthdays. The traditional date was the 15<sup>th</sup> day according to the lunar calendar, that is, the full moon. November is the month when people visit the shrine to give thanks for the harvest & parents pray in addition for their children. Children receive *chitose-ame*, a sweet whose name means "thousand-year (i.e. long-life) candy." It has auspicious red & white stripes, & comes in bags bearing motifs of cranes & turtles, which are also symbols of long life, as well as pines, bamboo & *ume*. November 15 is not a national holiday. <http://en.wikipedia.org/wiki/Shichigosan>

🌐 **Dynasty Day: Belgium.**

🌐 **German Community Holiday: Belgium.** Only held in German speaking areas.

🌐 **Proclamação da República (Proclamation of the Republic): Brazil.**

🌐 **Nativity Fast begins: Orthodox Christian.**

## November 16

🌐 **[William] C[hristopher] Handy (1873–1958): African American.** Composer, band leader, & publisher. Handy is known as the "Father of the Blues" for both his work in collecting & popularizing blues & other African American folk music, & his own compositions based on the blues tradition. His best known work is "St. Louis Blues," published in 1916.



🌐 **Louis Riel Day: Canadian Aboriginal.** Louis Riel was a famous Metis leader who in 1885 led a rebellion and lost against the Canadian authorities. Today his name is a symbol for Native independence.

<http://www.kidsturncentral.com/holidays/glossary/defriel.htm>

🌐 **Feast of St. Margaret of Scotland: Episcopal.** The Episcopal Church Commemorates St. Margaret each year on the Sunday closest to the anniversary of her death November, 16th. The patron of Scotland.

[http://www.stmargarets.org/StartPage/serchers/patron\\_new.html](http://www.stmargarets.org/StartPage/serchers/patron_new.html)  
[http://womenshistory.about.com/od/medbritishqueens/p/saint\\_margaret.htm?terms=traditional+greek+clothing](http://womenshistory.about.com/od/medbritishqueens/p/saint_margaret.htm?terms=traditional+greek+clothing)

🌐 **International Day of Tolerance: United Nations.**  
<http://www.un.org/depts/dhl/tolerance/>

## November 17

🌐 **Isamu Noguchi (1904–1988): Japanese American.** Sculptor & designer. Noguchi was a distinguished sculptor & respected designer whose creations ranged from stage costumes & sets for the modern dance works of Martha Graham to interiors, gardens, lamps, & furniture.

🌐 **Independence of Cartagena observed: Colombia.** On November 11, 1811, the city of Cartagena, then part of Bolivia, declared its independence from Spain.

🌐 **John Peter Zenger**, on this date in 1735, Mr. Zenger, a colonial printer, journalist & founder of the *New York Weekly Journal*, was arrested on charges of libel against the colonial government. His trial & eventual acquittal was an important 1<sup>st</sup> step in establishing freedom of the press in America.

🌐 **Den boje za svobodu a demokracii: (Struggle for Freedom & Democracy Day): Czech Republic.**

Commemorates the student demonstration against Nazi occupation in 1939 & the demonstration in 1989 that started the Velvet Revolution.

🌐 **Feria de la Chinita (Feria of La Chinita): Venezuela.** Only in the Zulian region, celebrating the miracle of Our Lady of Rosario of Chiquinquirá. NOV 17 to NOV 19.

## November 18

🌐 **Jan Ignacy Paderewski (1860–1941): Polish.**

Composer, pianist, & statesman. Paderewski, an internationally known virtuoso, interrupted his concert career to work for Poland's independence from Russia. He headed the Polish government briefly in 1919 & was elected president of the Polish Republic in exile in 1939, after the invasion of his country by the Germans & the fall of independent Poland.

🌐 **Jackie Robinson**, became the 1<sup>st</sup> African-American to win the Most Valuable Player award in the National League today in 1949. The 1<sup>st</sup> to win from the American League was Elston Howard, in 1973.

🌐 **Julia Montgomery Walsh & Phyllis Kathryn Smith Paterson**, were the 1<sup>st</sup> women to become official members of the American Stock Exchange, elected today in 1965.

🌐 **Independence of Morocco: Morocco.** This day commemorates the enthronement in 1927 of His Majesty Muhammad V, under whose rule Morocco achieved independence. In 1912, Morocco had become a French protectorate, with Spain having protectorate status over most of the northern Moroccan coast & areas to the southwest and far south. Tangier had become an international zone in 1923. In 1947 King Muhammad V delivered a landmark speech in Tangier advocating a revolutionary struggle for Moroccan independence & later formed the first Moroccan government with the aim of pursuing negotiations with France to gain independence. On March 3, 1956 Morocco attained independence from France, & on April 7 Spain relinquished its protectorate status. On October 29, the international zone of Tangier was returned to Morocco. The Saharan provinces, still under Spanish control, would be returned to the kingdom after the Green March organized in 1975 by the King's son, King Hassan II.

🌐 **Vertières Day: Haiti.** Commemorates the Haitian victory over the French in the Battle of Vertieres on this day in 1803. Also Haiti's Army Day.

🌐 **Latvijas Republikas proklamesanas diena (Proclamation of the Republic of Latvia 1918): Latvia.** The independence of Latvia was proclaimed on this day.

## November 19

🌐 **Discovery of Puerto Rico Day: Puerto Rico.** This holiday commemorates the discovery of Puerto Rico by Christopher Columbus in 1493.

🌐 **Buß- und Bettag (Penance Day): Germany-Bavaria & Saxony.** Observed the Wednesday before NOV 23rd.

## November 20

🌐 **Selma Lagerlof (1858-1940), Swedish author** [*Jerusalem*], 1<sup>st</sup> woman awarded Nobel Prize for Literature (1909). <http://nobelprize.org/literature/laureates/1909/lagerlof-bio.html>

🌐 **Día de la Revolución (Anniversary of the Revolution 1910): Mexico.** This holiday marks the anniversary of the social revolution launched by Francisco Madero against the dictatorship of Porfirio Díaz that eventually led to the creation of the Institutional Revolutionary Party (PRI) & the creation of a constitutional democracy. [www.inside-mexico.com/revolucion.htm](http://www.inside-mexico.com/revolucion.htm)

🌐 **Capture of Alcatraz Island (1969): American Indian.** On this date a group of American Indians led by Richard Oakes took over Alcatraz Island, site of a former federal prison, demanding that it be made available to Indians as a cultural center & declaring that all federal surplus property must by law revert to American Indians. The occupation of Alcatraz, which lasted until June 11, 1971, dramatized the long-standing grievances of American Indians against the federal government & signaled the rise of a new activism among Indians.



[http://www.earth-treaty.com/ts\\_roakes.html](http://www.earth-treaty.com/ts_roakes.html)  
[http://siouxme.com/lodge/alcatraz\\_np.html](http://siouxme.com/lodge/alcatraz_np.html)

🌐 **Zumbi dos Palmares, Dia da Consciência Negra (Zumbi of Palmares, Black Consciousness Day): State of Rio de Janeiro only.**

🌐 **Fast for an Abundant World Harvest.** Day to fast & commit to action to help prevent deaths from malnourishment world-wide.

🌐 **Universal Children's Day.** Since December 14, 1954, United Nations & UNESCO observes 20 November as the Universal Children's Day "to be observed as a day of worldwide fraternity & understanding between children. It recommended that the Day was to be observed also as a day of activity devoted to promoting the ideals & objectives of the Charter & the welfare of the children of the world." <http://www.answers.com/topic/children-s-day>

🌐 **Annual Great American Smokeout.** Every year, smokers across the nation take part in the American Cancer Society's Great American Smokeout® by smoking less or quitting for the day on the 3<sup>rd</sup> Thursday of Nov.

**California Smoker's Helpline: 800-NO-BUTTS**  
[http://www.cancer.org/docroot/PED/ped\\_10\\_4.asp](http://www.cancer.org/docroot/PED/ped_10_4.asp)  
[http://www.cancer.org/docroot/COM/content/div\\_OH/COM\\_5\\_1x\\_Great\\_American\\_Smokeout.asp?sitearea=COM](http://www.cancer.org/docroot/COM/content/div_OH/COM_5_1x_Great_American_Smokeout.asp?sitearea=COM)

## November 21

🌐 **Jacqueline P. Balley and Joanne Neely,** they were the 1<sup>st</sup> women sworn in as U.S. Federal Marshalls on this date in 1973.

## November 22

🌐 **Independence Day: Lebanon.** This holiday is Lebanon's celebration of its gaining independence from France in 1946. [www.travelnotes.org/MiddleEast/lebanon.htm](http://www.travelnotes.org/MiddleEast/lebanon.htm)

## November 23

🌐 **Carlos Bulosan (1913–1956): Filipino American.** Writer & labor organizer. Arriving in the US at the age of 17, Bulosan worked as a migrant agricultural laborer & eventually became involved in efforts to organize packing-house & cannery workers. After he began to write for a union paper, he discovered writing as his vocation. With the coming of World War II & the involvement of the US in combat in the Philippines, Bulosan rose to literary prominence, publishing poetry & essays in magazines & volumes of poetry & autobiographies. His most famous work, his memoir *America Is in the Heart*, speaks eloquently of the economic exploitation & ethnic discrimination suffered by poor Filipinos in his adopted country.

🌐 **José Clemente Orozco (1883–1949): Mexican.** Painter. Along with Diego Rivera & David Siqueiros, he was a leader of the Mexican muralist movement, one of the major creators of large-scale paintings on patriotic themes in the public buildings of the nation. His powerful works embody his own strong belief in the ideals of revolutionary Mexico & his faith in the courage & resilience of the common people. He also worked in the US, where he painted an important series of frescoes at Dartmouth College.

🌐 **Feast honoring the one Deity as Qawl: Baha'i.** Sacred Speech.

🌐 **Christ the King: Christian.** Celebration of the preeminence of Jesus over all earthly authorities.

🌐 **National Espresso Day.**

<http://www.espressozone.com/espresso-recipes.html>  
<http://en.wikipedia.org/wiki/Espresso>

## November 24

🌐 **Scott Joplin (1868-1917), African-American.** Composer of ragtime music, symphony [*Treemonisha*], & opera. <http://www.lsjunction.com/people/joplin.htm>

🌐 **Kinro Kansha no hi (Labor Thanksgiving Day): Japan.** National holiday. The law establishing the holiday cites it as an occasion for commemorating labor & production & giving one another thanks. It became an official holiday in 1948. Earlier, it was a harvest festival named *niinamesai*.



## **Martyrdom of Guru Tegh Bahadur: Sikh.**

### **November 25**

#### **Joe DiMaggio (1914–1999): Italian American.**

Baseball player. Joe DiMaggio was one of the greatest baseball players of the century. During his career from 1936 to 1951 playing for the New York Yankees, DiMaggio won 3 Most Valuable Player awards & led the team to 8 World Series championships. In the 1941 season, he had a 56-game hitting streak, a record many believe will never be broken. He retired at 37 with a lifetime batting average of .325. DiMaggio will be remembered by many baseball fans for his complete command of center field, which he covered in graceful, gliding strides that earned him the nickname, "the Yankee Clipper." In 1955, DiMaggio was inducted into the Baseball Hall of Fame.

#### **Carry Amelia Moore Nation (1846-1911): American.** temperance leader & women's rights activist.

<http://www.answers.com/topic/carry-nation>

#### **International Day for the Elimination of Violence Against Women.**

<http://web.amnesty.org/actforwomen/index-eng>

<http://www.unifem.org/campaigns/vaw/>

<http://www.womenaid.org/16days/english/25november.html>

### **November 26**

#### **Sojourner Truth (1797?–1883):**

**African American.** Evangelist & social reformer. Born a slave, Isabella Baumfree fled her slave master in 1826 & became free in 1828 under the New York State Anti-Slavery Act. In 1843

Isabella experienced what she regarded as a command from God to preach. She changed her name to Sojourner Truth & became a traveling speaker & an eloquent advocate of the abolition of slavery & the granting of civil rights to women. Sojourner Truth visited President Abraham Lincoln in the White House in 1864. After the Civil War, she settled in Washington, D.C., & worked to help impoverished former slaves. She died on this date.

[http://www.gale.com/free\\_resources/bhm/bio/truth\\_s.htm](http://www.gale.com/free_resources/bhm/bio/truth_s.htm)



#### **Norbert Weiner (1894-1964): Jewish American.**

Mathematician, founder of cybernetics, the science that developed computers.

#### **Mary Walker Edwards (1832-1919):**


**American.** Physician, 1<sup>st</sup> female surgeon in the U.S. Army (Civil War), she spent 4 months in a Confederate prison. 1<sup>st</sup> & only female to be awarded the Congressional Medal of Honor (1865), women's rights leader, a commemorative stamp was issued in her honor (1982).

<http://userpages.aug.com/captbarb/walker.html>

  
  
**Sarah Moore Grimke (1792-1873): American.** Born in slaveholding South Carolina, she became an abolitionist & women's rights advocate, writing & speaking around the

country in support these issues along with her sister, Angelina.


#### **Day of the Covenant: Baha'i.**

 **Shiva Puja: Hindu.** Day to fast from grains & meat & make offerings to Hindu God Shiva. Flowers, incense, lamps, & vegetarian food are offered; bells are rung & drums beaten.

### **November 27**

#### **Chaim Weizmann (1874–1952): Jewish German.**

Political leader. He was a leader of the Zionist movement to establish a Jewish state & served as the 1<sup>st</sup> president of the State of Israel from 1948 to 1952.

 **Thanksgiving Day: United States.** This holiday commemorates the 1<sup>st</sup> harvest of the English colonists who settled in Massachusetts in the early 1620s. It is the most important day for family get-togethers & apart from watching football on TV, activities center around eating. This legal holiday in all territories of the US is a time for giving thanks for the harvest & for the blessings the year has brought. Although the celebration at Plymouth in 1621 is considered the 1<sup>st</sup> American thanksgiving observance, the idea was not a new one; harvest festivals & days of thanksgiving had long been observed in many cultures. The 1<sup>st</sup> nationwide observance occurred in 1863, when Abraham Lincoln issued a proclamation designating the 4<sup>th</sup> Thursday of November as a day of national thanksgiving. In 1941 Congress made Thanksgiving Day a federal holiday.

**FOOD AND DRINK:** Thanksgiving foods recall those eaten at the first Thanksgiving in Plymouth: turkey, cranberries, corn, & winter squash. Research shows that the Pilgrims also ate fish & seafood; occasionally Thanksgiving soups such as oyster stew are served. Side dishes usually include vegetables native to the Americas: potatoes, sweet potatoes, tomatoes, & peppers, for example. Pumpkin pie is the most popular dessert, followed closely by apple pie, pecan pie, cherry pie, & mincemeat pie. succotash with ham & creamy pearl onions are also favorite dishes at this time of year.

**COLORS:** Autumnal colors such as orange, yellow, red, & brown are associated with Thanksgiving.

[www.kidsturncentral.com/holidays/usthanksgiving.htm](http://www.kidsturncentral.com/holidays/usthanksgiving.htm)

[www.holidays.net/thanksgiving/story.htm](http://www.holidays.net/thanksgiving/story.htm)

#### **Hopi & Zuni Shalako Festival. 11/27 to 12/10.**

Welcoming back to the pueblos the Kachinas/Kokos - Spirits of Nature & the ancestors that provide protection, health, fertility, & food.

### **November 28**

#### **(Sir) Grantley Herbert Adams (1898–1971):**

**Barbadian.** Political leader. Educated in Barbados & England, he practiced law before being elected to the Barbados House of Assembly in 1934. An advocate of progressive causes, he achieved an important victory with the electoral reform act of 1944: gave women the right to vote & lowered the income requirement for voters. In

1950, he became the colony's prime minister, an office he held until 1962, when he returned to private law practice. For the last 4 years of his term he was also prime minister of the West Indian Federation, a group of British Caribbean colonies that dissolved in 1962. This is the anniversary of his death.

🌿 **Rita Mae Brown (1944-), American.** Author, feminist, lesbian activist, & author of ground-breaking novel: *Rubyfruit Jungle* (1973).

<http://www.ritamabrown.com/content/index.asp>

🌿 **Ernie Davis**, was announced as the winner of the Heismann Memorial Trophy for the year's outstanding U.S. college football player today in 1961, the 1<sup>st</sup> African-American player to win it.

🌿 **Independence from Spain: Panama.** This day commemorates Panama's gaining independence from Spain in 1821.

🌿 Day the Women's Ordination Conference opened, advocating the ordination of women priests in the Catholic Church (1975). After apologizing for the past oppression of women on 7/10/1995, the Vatican issued a declaration on 11/18/1995 indicating that the Church's ban on ordaining women was an infallible teaching.

🌿 **Independence Day: Albania.**

🌿 **Canadian Aboriginal Festival: Canada. Nov 28-30, 2008.** Held at Toronto's Sky Dome, more than 8,000 people gather to share & learn about North America's aboriginal people during this 3-day event.

<http://www.canab.com/>

🌿 **Ascension of 'Abdu'l-Baha: Baha'i.**

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## November 29

🌿 **Louisa May Alcott (1832-1888): American.** Author, most remembered for her classic, *Little Women*.

🌿 **Education for All Handicapped Children Act (1975): United States.** Signed into U.S. law on this date, this act establishes the right of every child with a disability to a free & appropriate public education. It requires states to identify such children & develop individualized education programs for them, & to provide educational services in the least restrictive environment possible. The law also protects the rights of such children & their parents in educational decisions. [www.scn.org/~bk269/94-142.html](http://www.scn.org/~bk269/94-142.html)  
<http://atto.buffalo.edu/registered/ATBasics/Foundation/Laws/special.php>  
[www4.law.cornell.edu/uscode/20/1400.html](http://www4.law.cornell.edu/uscode/20/1400.html)

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## November 30

🌿 **Mark Twain (Samuel L. Clemens) (1835-1910): American.** Author & lecturer (*The Innocents Abroad*, *The Adventures of Tom Sawyer*, *Huckleberry Finn*).

🌿 **Bonifacio Day: Philippines.** This holiday commemorates the birth in 1863 of Andres Bonifacio, leader of the Philippine revolt against Spain in 1896.

🌿 **Independence Day: Barbados.** This holiday commemorates the independence of this Caribbean island from Great Britain in 1966.

🌿 **St. Andrew's Day: Christian.**

🌿 **Advent begins: Christian.**

Advent, which means "coming" or "arrival," marks the beginning of the Western Christian ecclesiastical year, & begins the Christmas season. It begins on the Sunday nearest to the Feast of St. Andrew on November 30, & continues through Christmas Eve, encompassing 4 Sundays.

Originally observed with fasting & penitence as a period during which converts to Christianity prepared themselves for baptism, during the Middle Ages it became a time to prepare for the 2<sup>nd</sup> Coming of Christ. It is now a solemn yet joyful season of prayer, reflection, & preparation for celebrating the birth of Jesus Christ in his First Advent, as well as a time to ready oneself in anticipation of Christ's 2<sup>nd</sup> Coming. The Orthodox Christian churches do not have an Advent season, but

rather have Winter Lent, a 40-day Lenten season of fasting, prayer, & reflection ending on Christmas Eve.

**Recognizing the Festival/Holiday:** The main symbol of this season is the Advent wreath, which had its origins in the folk practices of the pre-Christian Germanic people., with Scripture reading preceding the lighting of the The wreath has 3 purple candles, which symbolize hope (or prophecy), peace, & love, & one rose candle, symbolizing joy. The candles are set in a circle of evergreen, which represents eternal life. On each Sunday in Advent, the candles are lit progressively as follows candles: On the 1<sup>st</sup> Sunday of Advent, a purple candle is lit; on the 2<sup>nd</sup> Sunday, 2 purple candles are lit; on the 3<sup>rd</sup> Sunday, 2 purple candles & the rose candle are lit; & on the 4<sup>th</sup> Sunday, all 4 candles are lit. The lighting of the rose candle originally signified the breaking of the Advent fast. Often a 5<sup>th</sup> white candle will be placed in the center of the wreath. Known as the "Christ Candle," this candle symbolizes Christ's birth & is lit on Christmas Eve or Christmas Day. Another custom during Advent is to sing carols, a favorite being "O Come, O Come, Emmanuel," which anticipates the coming of the Messiah.

<http://www.cresourcei.org/cyadvent.html>



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## RECIPES

### Indian Fry Bread, Cherokee

Ingredients:

Servings: 5-10

3 cups of flour

1 tablespoon baking powder

1/2 teaspoon salt

1 cup warm water

Preparation:

- Combine all of the dry ingredients in a large bowl.
- Add warm water in small amounts & knead until soft but not sticky.
- Adjust the flour or water as needed, Cover & let stand 15 to 20 minutes.

- Pull of large egg sized balls of dough, turn out into fairly thin rounds.
- Fry rounds in hot oil until bubbles appear on the dough, turn over & fry on the other side until golden brown.

### Baked Indian Pudding, Oneida

Ingredients:

3 Cups Milk  
4 Teaspoon Salt  
4 Tablespoons Corn Meal  
2 Teaspoon Ginger  
1/3 Cup Molasses  
2 Teaspoon Cinnamon  
2 Cups Sugar  
1 Cup Milk  
1 Egg Beaten  
Butter Size of Walnut



Instructions:

Scald milk. Mix together meal & molasses & stir into hot milk. Cook until it thickens stir constantly. Remove from heat, add sugar, egg, butter, salt, ginger, & cinnamon. Mix thoroughly. Pour into buttered baking dish & bake 2 hour at 300F. Pour over it one cup of milk & continue baking for 2 hours. Serve with cream or ice cream.

### Baked Pumpkin

1 small pumpkin, peeled and cut into cubes  
1 cup sugar  
1 teaspoon salt  
Cinnamon

Directions: Place pumpkin cubes in a baking dish & sprinkle with sugar & salt. Cover pan with foil & bake in 325-degree oven until soft. Sprinkle with cinnamon.

[http://www.gatheringofnations.com/gathering\\_of\\_nations\\_powwow/recipes/index.htm](http://www.gatheringofnations.com/gathering_of_nations_powwow/recipes/index.htm)

❁ Recipes from the Powwow Kitchen ❁

### Arroz Dulce (Sweet Rice)

Ingredients:

❁ 2 cups water  
❁ 1/2 tsp. salt  
❁ 1/2 cup white rice  
❁ 1/2 cup milk  
❁ 1/4 cup raisins  
❁ 1/2 tsp. vanilla  
❁ 1/4 cup sugar  
❁ 1 egg white  
❁ 1/4 tsp. ground cinnamon

Preparation:

- ❁ 1. Bring water and salt to a boil in a 3 or 4 qt. saucepan. Add rice. Cover and cook over low heat 25 minutes.
- ❁ 2. In a separate saucepan, scald milk. Remove from heat.
- ❁ 3. When rice is ready, stir in scalded milk, raisins, vanilla and sugar. Cook over low heat 5 minutes, stirring

constantly.

- ❁ 4. In a chilled serving bowl, beat egg white until stiff. Pour rice mixture over beaten egg white and gently fold together.
- ❁ 5. Sprinkle cinnamon on top. Refrigerate. Serve chilled. Makes four 4 oz. servings.

### Natillas (Custard)

Ingredients:

❁ 1 1/2 cups milk  
❁ 1/2 cup sugar  
❁ 1 tbsp. unbleached flour  
❁ 1/2 tsp. salt  
❁ 2 egg yolks  
❁ 1 tbsp. milk  
❁ 1/2 tsp. vanilla  
❁ 3 egg whites  
❁ 1/4 tsp. ground cinnamon



Preparation:

- ❁ 1. Bring 1 1/2 cups milk to a boil.
- ❁ 2. In a small bowl, combine sugar, flour, salt, egg yolks and 1 tbsp. milk. Stir until smooth.
- ❁ 3. Add sugar mixture to boiled milk. Cook over medium heat 10 minutes, stirring constantly.
- ❁ 4. Remove from heat. Mix in vanilla.
- ❁ 5. In a chilled serving bowl, beat egg whites until stiff. Pour liquid mixture into egg whites & gently fold together.
- ❁ 6. Sprinkle cinnamon on top. Refrigerate. Best when served chilled. Makes six 4 oz. servings.

### *Dia de los Muerto & All Soul's Day*

#### Horchata

10 cups water  
2 sticks canela (Mexican cinnamon)  
1 tablespoon toasted sliced almonds  
3/4 cup sugar  
1 cup long grain rice

Combine water, canela sticks, almonds & sugar in a large pot. Bring to a boil. Add rice & reduce temperature to keep water at a low simmer; cook for 15 minutes. Turn off heat & allow mixture to cool. Remove canela sticks. Pour cooled mixture into blender & puree. Pour through a fine mesh strainer into pitcher. Refrigerate until ready to serve. To serve, pour in glasses over ice.

#### FRUTTA DI MARTORANA

INGREDIENTS

500gr of ground almonds  
500gr of icing sugar  
4 drops of almond essence

1. Put all the ingredients into a bowl
2. Put a little lukewarm water into the bowl



3. Mix with your hands all the ingredients which are in the bowl, until they become a uniform mixture

How to make the fruit:

If you want you can buy some moulds & put into them your mixture or you can mix with your hands the mixture & give it the fruit's form: apples, oranges, grapes, peaches & other forms as you want. At the end, colour the fruit with vegetable colours.

### **Ossa Da Mordere (Bones To Chew)**

These biscuits are so called bones to chew because they are hard & pale & are traditionally baked on Il Giorno dei Morti (All Soul's Day) in Italy.

Servings: 48 Preparation Time: 0:30

3 Egg whites  
1-3/4 Cups Sugar  
2 Teaspoons Lemon peel  
1/2 Teaspoon Baking powder  
1-1/2 Cups Almonds, blanched  
Coarsely chopped  
1-3/4 Cups Flour, unsifted



Beat egg whites & sugar with lemon peel & baking powder until smoothly blended. With a heavy spoon, work the nuts in thoroughly, then the flour. Lightly flour your hands then pinch off tablespoon sized lumps of dough & shape like short sturdy bones. Place cookies on a greased baking sheet & bake in a 375 degree oven for 10-12 minutes or until pale brown. Cool on wire racks. Store airtight. Nice dunked into coffee or wine.

<http://italianfood.about.com/od/biscottietc/r/blr0608.htm>

### **Bones of the Dead (For Chewing), or Ossa di Morto (Ossa da Mordere)**

There are many variations on Bones of the Dead, the cookies Italians enjoy on November 2. These Bones of the Dead are Piemontese, more specifically from the cities of Biella, Vercelli & Novara.

INGREDIENTS:

2 1/2 cups (250 g) flour  
4 ounces (100 g) hazelnuts (use hazelnuts from Piemonte, if you can find them)  
4 ounces (100 g) almonds  
2 cups (400 g) sugar  
2 egg whites  
The juice of a lemon

Butter for greasing the cookie sheet

Flour for the cookie sheet

PREPARATION:

In a large bowl: combine the flour, egg whites, sugar, & lemon juice. Work in the nuts, leaving them whole, & continue kneading until you have a fairly firm dough. Roll the ball of dough out with your hands on your work surface so as to obtain a snake, cut the snake into 1/2 -inch thick slices & shape the bit into bones with your hands. Preheat your oven to 360 F (180 C).

Butter your cookie sheet, dust it with flour, lay the bones

on it, & bake them for about 20 minutes. Let them cool before serving them.

<http://italianfood.about.com/od/biscottietc/r/blr0612.htm>

### **Beans of the Dead, or Fave dei Morti**

Cookies Italians make for the Day of the Dead, Nov 2.

INGREDIENTS:

1 1/4 cups (120 g) flour  
10 ounces (250 g) almonds  
1/2 cup (100 g) sugar  
1 ounce (25 g) pine nuts

An egg and a white

1 tablespoon butter

A shot glass of grappa (use brandy if you must)

The grated zest of half a lemon

Powdered cinnamon

PREPARATION:

Blanch the almonds, peel them, & chop them finely (it's easiest to do this by giving them short bursts in a blender -- don't liquefy them or they'll give off their oil).

Combine all the ingredients except the egg in a bowl, mixing them with a spoon until you have a firm dough (this will take a while).

Dust your hands & your work surface with flour, & roll the dough out between your palms to obtain a snake that's about a half inch thick. Cut it into inch-thick pieces shape them into fava bean shapes, grease & flour a cookie sheet, & set the beans on it.

Lightly beat the eggs, brush the surfaces of the beans, & bake them in a 330-350 F (160-170 C) oven for about 20 minutes. Serve them cold.

<http://www.orthodox.net/recipes/kolyva-boiled-wheat.html>

### **Kolyva**

Boiled wheat with sugar, fruit &/or nuts. Eaten by Orthodox Christians when the dead are commemorated or in honor of a Saint. Kolyva, Koljevo or Zhito is made in different ways according to local custom. The constant ingredients seem to be boiled wheat & sugar. Other common ingredients are nuts, raisins, or pomegranate seeds, parsley, & other spices.

Boil 2 cups of wheat berries till they burst. Drain & grind/chop coarsely.

Toast enough nuts to make 2 cups ground. Walnuts are traditional. Can also use pecans, almonds & pistachios. Take 2 cups sugar and caramelize to a very pale gold & stir in the chopped nuts to make a nut brittle. Grind to a coarse praline powder.

Mix the praline with the wheat & pack into a Saran lined hemispherical type bowl. Cover the top with Saran & refrigerate. This will keep for a few days.

Remove Saran, invert onto a large plate, unmold & remove Saran. Decorate with Sultanas or Jordan Almonds to form a cross on the half dome. Ready to bless & serve.

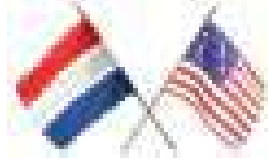


## **Dutch American Heritage Day**

### **Erwtensoepp**

Ingredients:

2 cups split green peas  
3 quarts cold water  
1 pig's foot (or ham bones)  
4 slices thick-cut bacon, cut into squares  
4 frankfurters (use your favorite sausage)  
1 pound potatoes  
1 celeriac, diced  
1 cup celery, chopped  
2 leeks, well washed and chopped  
2 onions



Instructions:

Wash the peas, soak them for 12 hours (unless you use quick cooking peas), & boil gently in the water they were soaked in for at least 2 hours.

Cook in this liquid the pig's foot, & bacon for at least 1hr. Add the sliced potatoes, salt, celeriac, leeks & celery; cook until everything tests done & the soup is smooth & thick. Add the sausage during the last 10 minutes. The longer the soup simmers, the better the flavor. 3 hours is usual. The soup thickens-so much it can almost be cut - as it cools.

Smaakelijk eten!!!!

### **Stroop Koekjes**

(Old Fashioned Soft Molasses Cookies)

4 C. flour   2 t. soda   1/4 t. salt  
1 t. ginger   1/2 t. cinnamon  
1 1/2 C. molasses   1/2 C. lard  
1/4 C. butter   5 T. boiling water   1 egg

Measure shortening before melting. Add molasses & water & egg. Sift dry ingredients. Set out to cool for 1 hour. This dough is soft. Handle on well floured board. Roll 1/4 inch thick. Cut with cookie cutter.

Bake in moderate oven 325 degrees about 15 minutes.

### **Karnemelksche Pap**

(Buttermilk Soup)

2 qts. buttermilk  
3/4 C. flour

Mix flour with a little water until smooth; add 1 pint of the buttermilk. Let come to a boil, stirring constantly to prevent separating. Add the rest of the buttermilk, a little at a time. Serve hot with sugar or molasses to taste. Barley, rice or oatmeal cooked may be used in place of flour.

### **Schnitz Un Knepp**

(Dried Apples, Dumplings and Ham)

1 3 lb. ham  
1 qt. dried schnitz (apples)  
Dumpling Batter:  
2 c. flour  
1 egg  
1/4 tsp. pepper

4 tsp. baking powder

1 Tbsp. milk

1 tsp. salt

3 Tbsp. melted shortening

Boil ham for 2 hours. Pick over the clean dried apples & soak them in enough water to cover them, for as long as meat is boiling. When meat is done, add dried apples & water that they've been soaking in & continue to boil for another hour.

Prepare dumpling batter: sift together the dry ingredients & mix the dough with egg (which has been beaten), the melted shortening & the milk. Drop batter by tablespoonfuls into the boiling liquid of the ham & apples. Cover tightly & cook for 15 minutes. You may add raisins if desired.

## **Thanksgiving & Harvest**

### **CRANBERRY-BRAN MUFFINS**

1 1/4 cups Low-Fat Milk, at room  
1 1/2 cups All-Bran Cereal  
1 Egg  
1/4 cup Unsulphured Molasses  
1/4 cup Canola or Olive Oil  
1/4 cup Pure Maple Syrup  
1 cup Whole Wheat Pastry Flour  
1/2 cup Cake Flour (not self-rising)  
1/2 cup Wheat Germ  
1 tablespoon Baking Powder  
1/4 teaspoon Salt  
1/2 cup Walnuts, coarsely chopped  
1 cup Cranberries, finely chopped

Servings: 6      Preheat the oven to 450 F. Spray 12 3-inch muffin cups with cooking spray.

In small bowl pour milk over bran cereal & let it soften. In a large bowl beat the egg well. Add the molasses, olive or canola oils & maple syrup, & mix thoroughly.

In another bowl combine the wheat pastry & cake flours, wheat germ, baking powder & salt & stir to blend. Add the walnuts & cranberries & mix well. Fold the milk-soaked bran into the egg mixture, mixing well. Pour the bran mixture over the dry ingredients, & blend thoroughly. Spoon the batter into the muffin cups, filling each one to the top, & bake for 20 to 25 minutes.

Yields: 1 dozen 3-inch muffins

### **1-2-3 WHOLE CRANBERRY SAUCE**

1 cup water  
2 cups sugar  
3 cups fresh cranberries, rinsed & sorted

In a medium saucepan, bring the water & sugar to a boil, stirring to dissolve sugar. Add 1/2 cup of fresh cranberries & boil until the cranberry skins burst, about 2-3 minutes. Continue adding cranberries, 1/2 cup at a time, until all the berries have been used & their skins have burst. Remove from heat & cool. Chill sauce before serving.

Makes about 2 1/2 cups.

## Sweet Potato Pie

Prep Time: 30 Minutes      Yields: 8 servings  
Cook Time: 1 Hour 50 Minutes

### INGREDIENTS:

1 (1 pound) sweet potato  
1/2 cup butter, softened  
1 cup white sugar  
1/2 cup milk  
2 eggs  
1/2 teaspoon ground nutmeg  
1/2 teaspoon ground cinnamon  
1 teaspoon vanilla extract  
1 (9 inch) unbaked pie crust



### DIRECTIONS:

1. Boil sweet potato whole in skin for 40 to 50 minutes, or until done. Run cold water over the sweet potato, & remove the skin.
2. Break apart sweet potato in a bowl. Add butter, & mix well with mixer. Stir in sugar, milk, eggs, nutmeg, cinnamon & vanilla. Beat on medium speed until mixture is smooth. Pour filling into an unbaked pie crust.
3. Bake at 350 degrees F (175 degrees C) for 55 to 60 minutes, or until knife inserted in center comes out clean. Pie will puff up like a souffle, & then will sink down as it cools.

## Succotash with Ham

The word "succotash" comes from the Narragansett word msickquatash & the dish was derived from Native Americans, who often added meats, including squirrel, bear or venison, to make a sustaining stew. For a side dish with turkey & all the trimmings, the simpler succotash of later days is best. The ham could be omitted if you want a vegetarian dish.

1/2 inch thick slice of ham weighing about 6 ounces  
1 tablespoon oil  
1/2 cup chopped onion  
1 10-ounce package frozen baby lima beans  
2 cups fresh or canned corn kernels  
1/2 cup light cream  
salt and pepper to taste

Cut the ham into 1/2 inch cubes. In a large pan, heat the oil & toss the ham and onion in it for a minute. Add the lima beans & corn, then the cream. Season to taste with salt & pepper. Cover the pan & simmer for 5-6 minutes or until the vegetables are cooked through. Serves 8.

## DECEMBER 2008

- 1<sup>st</sup> World AIDS Day. 2008.  
<http://www.avert.org/worldaid.htm>  
<http://www.unaids.org/en/>
- 7<sup>th</sup> National Pearl Harbor Remembrance Day

<http://www.history.navy.mil/photos/events/wwii-pac/pearlhbr/pearlhbr.htm>

- 10<sup>th</sup> International Human Rights Day  
<http://www.un.org/depts/dhl/humanrights/>
- 4<sup>th</sup> Hanukkah starts at sundown (12/22 thru 12/29)  
<http://www.geocities.com/Heartland/Prairie/5493/hanuka.html>  
<http://people.howstuffworks.com/hanukkah.htm>  
<http://www.holidays.net/chanukah/>  
<http://theholidayspot.com/hanukkah/>
- 25<sup>th</sup> Christmas  
<http://www.theholidayspot.com/christmas/>  
<http://www.holidays.net/christmas/>  
<http://www.howstuffworks.com/christmas.htm>  
<http://www.merry-christmas.com/>
- 26<sup>th</sup> Kwanzaa starts (thru Jan 1<sup>st</sup>, 2007)  
<http://www.officialkwanzaawebsite.org/>  
<http://people.howstuffworks.com/kwanzaa.htm>  
<http://www.ymicc.org/kwanzaa.html>



### *The Protectors*

An old Shoshone legend honors the wolf as the protector of women.

To Order above print:  
L. David Eveningthunder  
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Livingston, Texas 77351-3590  
Phone: (936) 563-3200, 10 a.m. to 10 p.m. EST  
E-Mail: [david@artnatam.com](mailto:david@artnatam.com)  
<http://www.artnatam.com/evnthun/n-de006.html>





### Cultural Competency Advisory Committee

If your clinic or agency plans to host a celebration for the month's events, please advise Minette O'Bryan so that we may maintain a record. In addition, we will have information regarding your event broadcast to the entire department. For specific information on a given occasion please contact Minette O'Bryan 421-9260.

We are confident that many of you will take the opportunity to celebrate the month's cultural events.

Thank you.



### Military Postal Service Gearing Up for Approaching Holiday Season

The holiday season is quickly approaching, as are the deadlines to mail those holiday cards & packages.

Deadlines for reaching all destinations by Christmas are:

- Nov. 13 for surface mail (mail going by truck or ship).
- Nov. 28 for space-available mail.
- Dec. 4 for parcel airlift mail.
- Dec. 11 for priority mail & first-class letter & cards.
- Dec. 18 for express mail.



### **SUPPORT OUR TROOPS!**



**Treats for Troops:** Send care packages to service members or register a loved one with our Foster-A-Soldier Program. Visit [www.treatsfortroops.com](http://www.treatsfortroops.com)

**Let's Say Thanks To Our Troops:** Now you can send a card to show your support of our troops **for free**. Xerox has created a website full of patriotic images drawn by children. All you need to do is complete your message & send your card. It is a free service and an easy way to let our troops know that we care & that we support them.

<http://www.lets saythanks.com>

**Soldiers' Angels:** Send care to deployed soldiers & their loved ones at home.

<http://www.soldiersangels.org>

**Quilts of Valor Foundation:** Quilting Honor & Comfort for Our Wounded Soldiers. The mission of the QOV Foundation is to cover ALL combat wounded & injured service members from the War on Terror whether physical or psychological wounds with wartime quilts called Quilts of Valor (QOVs). <http://www.qovf.org/>  
Contact Info: Barbara Winkler 562-925-7673

email: [creations4u7@aol.com](mailto:creations4u7@aol.com)

**AmericaSupportsYou:** A nationwide program launched by the Department of Defense, recognizes citizens' support for our military men & women & communicates that support to members of our Armed Forces at home & abroad.

<http://www.americasupportsyoudil/AmericaSupportsYou/index.aspx>

### \*\*\*\*\*Veterans Affairs\*\*\*\*\*

**The National Center for PTSD (NCPTSD)** aims to advance the clinical care and social welfare of U.S. Veterans through research, education and training on PTSD and stress-related disorders.

<http://www.ncptsd.va.gov/ncmain/index.jsp>

### **For Mental Health Care Providers--The Iraq War Clinician Guide, 2nd Edition**

The Iraq War Clinician Guide was developed by members of the National Center for PTSD and the Department of Defense. It was developed specifically for clinicians and addresses the unique needs of veterans of the Iraq war.

[http://www.ncptsd.va.gov/ncmain/ncdocs/manuals/nc\\_manual\\_iwcguide.html](http://www.ncptsd.va.gov/ncmain/ncdocs/manuals/nc_manual_iwcguide.html)

### **Suicide Prevention Lifeline**

If you or someone you care about is in crisis, call the [National Suicide Prevention Lifeline](http://www.national suicide prevention lifeline) at 1-800-273-TALK (8255) and press 1. Your call is free and confidential.



Original Art © C.R. John 1958-2000 (Cheyenne/Santee Sioux)  
Image donated in loving memory by his wife, Marietha -  
Hammon, Ok

<http://www.native-americans.org/newsletter/newsletter.htm>

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### **A Veterans Christmas**

\*\*\*\*\*

Submitted by: Shadow Wolf Diana And Lakota

'Twas the night before Christmas, he lived all alone,  
In a one bedroom house made of plaster and stone.

I had come down the chimney with presents to give,  
And to see just who in this home did live.

I looked all about, a strange sight I did see,  
No tinsel, no presents, not even a tree.

No stocking by mantle, just boots filled with sand,  
On the wall hung pictures of far distance lands.

With medals and badges, awards of all kinds,  
A sober thought came through my mind.

For this house was different, it was dark and dreary,  
I found the home of a soldier, once I could see clearly.

The soldier lay sleeping, silent, alone,  
Curled up on the floor in this one bedroom home.

The face was so gentle, the room in such disorder,  
Not how I pictured a United States Soldier.

Was this the hero of whom I'd just read?  
Curled up on a poncho, the floor for a bed?

I realized the families that I saw this night,  
Owed their lives to these soldiers who were willing to fight.

Soon round the world, the children would play,  
And grownups would celebrate a bright Christmas day.

They all enjoyed freedom each month of the year,  
Because of the soldiers, like the one lying here.

I couldn't help wonder how many lay alone,  
On a cold Christmas Eve in a land far from home.

The very thought brought a tear to my eye,  
I dropped to my knees and started to cry.

The soldier awakened and I heard a rough voice,  
"Santa don't cry, this life is my choice."

"I fight for freedom, I don't ask for more,  
My life is my GOD, my country, my Corps."

The soldier rolled over and drifted to sleep,  
I couldn't control it, I continued to weep.

I kept watch for hours, so silent and still,  
And we both shivered from the cold night's chill.

I didn't want to leave on that cold dark night,  
This guardian of honor so willing to fight.

Then the soldier rolled over, with a voice soft and pure,  
Whispered, "Carry on Santa, it's Christmas Day, all is secure."

One look at my watch, and I knew he was right,  
"Merry Christmas my friend, and to all a good night."

**This poem was written by a Marine stationed in  
Okinawa, Japan.**

**The following is his request. I think it is reasonable.....**

**Would you do me the kind favor of sending this to as  
many people as you can?**

**Christmas will be coming soon and some credit is due  
to our U.S. Service Men and Women for our being able  
to celebrate these festivities. Let's try  
in this small way to pay a tiny bit of  
what we owe.**

**Make people stop and think of our  
heroes, living and dead, who sacrificed  
themselves for us.**

**Please, do your small part to plant this  
small seed.**

**Dont let it stop here share this with all  
your friends.**





### Ojibway Prayer

Oh Great Spirit, whose voice I hear in the winds  
And whose breath gives life to everyone,  
Hear me.

I come to you as one of your many children;  
I am weak .... I am small ... I need your wisdom  
and your strength.

Let me walk in beauty, and make my eyes ever  
behold the red and purple sunsets  
Make my hands respect the things you have made.  
And make my ears sharp so I may hear your voice.  
Make me wise, so that I may understand what you  
have taught my people and  
The lessons you have hidden in each leaf  
and each rock.

I ask for wisdom and strength  
Not to be superior to my brothers, but to be able  
to fight my greatest enemy, myself.

Make me ever ready to come before you with  
clean hands and a straight eye.

So as life fades away as a fading sunset.

My spirit may come to you without shame

<http://www.indians.org/welker/chippewa.htm>

### Poem of Nature

by Chenoa Two Hawks (age 8 3/4) - Turtle Mountain  
Band of Chippewa Dated April 11, 2004

I'm the Mother of Earth  
I'm the fish that swim through your hair  
I'm the birds that tweet in the morning  
I'm the trees that grow over your garden  
I'm the grass that peeks in summer or spring  
I'm the water that flows in your body  
I'm everything,  
But You  
Blessings on you...

[http://www.turtletrack.org/CO\\_KidsPage.htm](http://www.turtletrack.org/CO_KidsPage.htm)

### Ojibway

<http://members.aol.com/nacanapah/ojibway.htm>

The Ojibway say: "We are one people with three different names."

Chippewa "chip-eh-wa": This is the official name as recognized by the US Government.

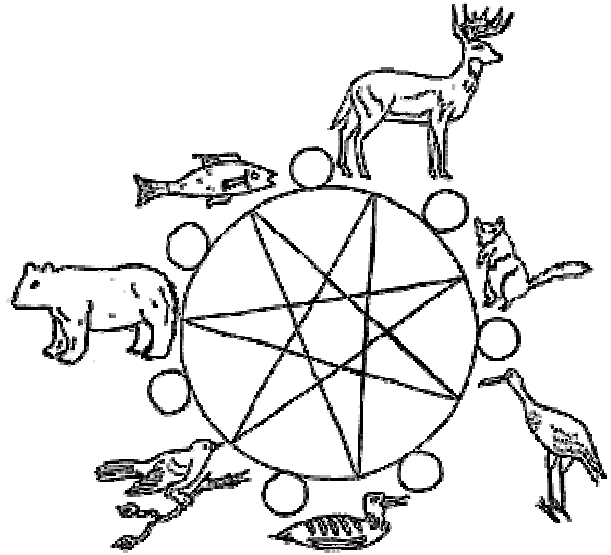
Ojibway "oh-jib-way": This is the most popular & the most proper name as it was given by their enemies. They used this name exclusive when they spoke with their enemies or other Indian tribes. Also spelled Ojibwe, Ojibwa.

Anishinabe "Ann-eh-shin-ah-beg": This is the name that they call themselves. It describes the creation-Original Man.

### Ojibway Clan System

The clan system was created to provide leadership, food, protection education & medicine. There are 7 different

clans with their own animal emblem or totem.



The emblem symbolized the strength & duties of each clan. There are the:

**Crane Clan & the Loon Clan:** chieftainship & government

**Fish Clan:** teachers & scholars. They also drew on their knowledge to solve disputes between the leaders of the Cranes & Loons.

**Bear Clan:** "police". They spent a lot of time patrolling the land. They learned which roots, barks & plants could be used for medicines.

**Hoof Clan:** gentle, like deer; cared for others by making sure the community had proper housing & recreation. Poets & pacifists avoiding all harsh words.

**Martin Clan:** hunters, food gatherers, warriors, master strategists in planning the defense of their people.

**Bird Clan:** spiritual leaders.

The clans worked together & co-operated.



### Day of the Dead Altar







<http://www.infoplease.com/spot/aihmtterms.html>

### **Which is the preferred term American Indian or Native American?**

The majority of American Indians/Native Americans believe it is acceptable to use either term, or both. Many have also suggested leaving such general terms behind in favor of specific tribal designations. As the publisher and editor of **The Navajo Times**, the largest Native American-owned weekly newspaper, puts it, "I . . . would rather be known as, 'Tom Arviso Jr., a member of the Navajo tribe,' instead of 'Arviso, a Native American or American Indian.' This gives an authentic description of my heritage, rather than lumping me into a whole race of people." It is also a sign of respect.

<http://www.infoplease.com/ipa/A0192524.html>

### **How is it determined who is considered an Indian?**

No single federal or tribal criterion establishes a person's identity as an Indian. Tribal membership is determined by the enrollment criteria of the tribe from which Indian blood may be derived & this varies with each tribe. Generally, if linkage to an identified tribal member is far removed, one would not qualify for membership.

To be eligible for Bureau of Indian Affairs services, an Indian must (1) be a member of a tribe recognized by the federal government, (2) be of one-half or more Indian blood of tribes indigenous to the United States; or (3) must, for some purposes, be of one-fourth or more Indian ancestry. By legislative and administrative decision, the Aleuts, Eskimos & Indians of Alaska are eligible for BIA services. Most of the BIA's services and programs, however, are limited to Indians living on or near Indian reservations.



## **ELEM INDIAN COLONY**

Here are some of the Hinthul ("what we call our people") Commandments we try to live by.

- 1. THE EARTH IS OUR MOTHER, CARE FOR HER.**
- 2. HONOR ALL YOUR RELATIONS**
- 3. OPEN YOUR HEAR AND SOUL TO THE GREAT SPIRIT**
- 4. ALL LIFE IS SACRED, TREAT ALL BEINGS WITH RESPECT**
- 5. TAKE FROM THE EARTH WHAT IS NEEDED AND NOTHING MORE**
- 6. DO WHAT NEEDS TO BE DONE FOR THE GOOD OF ALL**
- 7. GIVE CONSTANT THANKS TO THE GREAT SPIRIT FOR EACH NEW DAY**
- 8. SPEAK THE TRUTH BUT ONLY FOR THE GOOD IN OTHERS**
- 9. FOLLOW THE RHYTHM OF NATURE, RISE AND RETIRE WITH THE SUN**
- 10. ENJOY LIFE'S JOURNEY, BUT LEAVE NO TRACKS**

**May The Great Spirits Be With You**

**Shared by Thomas Leon Brown (Machuchuk) of the Elem Pomo Tribe**



## Words of Wisdom



"Being Indian is mainly in your heart. It's a way of walking with the earth instead of upon it. A lot of the history books talk about us Indians in the past tense, but we don't plan on going anywhere... We have lost so much, but the thing that holds us together is that we all belong to, and are protectors of the earth; that's the reason for us being here. Mother Earth is not a resource, she is an heirloom." -- "Being Indian is mainly in your heart. It's a way of walking with the earth instead of upon it. A lot of the history books talk about us Indians in the past tense, but we don't plan on going anywhere... We have lost so much, but the thing that holds us together is that we all belong to, and are protectors of the earth; that's the reason for us being here. Mother Earth is not a resource, she is an heirloom." -- *David Ipinia, Yurok Indian Artist*

*"Once you have heard the meadowlark and caught the scent of fresh-plowed earth, peace cannot escape you."* -- *SEQUICHIE*

*"What is life? It is the flash of a firefly in the night. It is the breath of a buffalo in the winter time. It is the little shadow which runs across the grass and loses itself in the sunset."* -- *CROWFOOT, Blackfoot*



*"Be careful when speaking. You create the world around you with your words."* -- *From the Navajo*

*"The Color of skin makes no difference. What is good and just for one is good and just for the other, and the Great Spirit made all men brothers."* -- *White Shield*

*"Grandfather, Scared One. Teach us love, compassion, and honor... That we may heal the earth. And heal each other."* -- *Ojibway Prayer*

*"Everything is the center of the world. Everything is scared."* -- *Black Elk, Oglala Sioux*

*"We are all flowers in the Great Spirit's garden. We share a common root, and the root is Mother Earth. The garden is beautiful because it has different colors in it, and those colors represent different traditions and cultural backgrounds."* -- *Grandfather David Monongye, Hopi*



*"Listen! Or your tongue will make you deaf."* -- *Cherokee saying*

*"That hand is not the color of your hand, but if I pierce it I shall feel pain. The blood that will follow from mine will be the same as yours. The Great Spirit made us both."* -- *Luther Standing Bear, Oglala Sioux Chief*

*"Why do you take by force what you could obtain by love?"* -- *POWHATAN*

## Ojibway Dreamcatcher Origin Story

<http://www.turtle-island.com/dreamcatcher.html>

Long ago in the ancient world of the Ojibwe Nation, the Clans were all located in one general area of that place known as Turtle Island. This is the way that the old Ojibwe storytellers say how Asibikaashi (Spider Woman) helped Wanabozhoo bring giizis (sun) back to the people. To this day, Asibikaashi will build her special lodge before dawn. If you are awake at dawn, as you should be, look for her lodge and you will see this miracle of how she captured the sunrise as the light sparkles on the dew, which is gathered there.

Asibikaashi took care of her children, the people of the land, and she continues to do so to this day. When the Ojibwe Nation dispersed to the four corners of North America, to fill a prophecy, Asibikaashi had a difficult time making her journey to all those cradle boards, so the mothers, sisters, & Nokomis (grandmothers) took up the practice of weaving the magical webs for the new babies using willow hoops and sinew or cordage made from plants. It is in the shape of a circle to represent how giizis travels each day across the sky. The dream catcher will filter out all the bad bawedjigewin (dreams) & allow only good thoughts to enter into our minds when we are just abinooji. You will see a small hole in the center of each dream catcher where those good bawadjige may come through. With the first rays of sunlight, the bad dreams would perish. When we see little asibikaashi, we should not fear her, but instead respect and protect her. In honor of their origin, the number of points where the web connected to the hoop numbered 8 for Spider Woman's eight legs or 7 for the Seven Prophecies.

It was traditional to put a feather in the center of the dream catcher; it means breath, or air. It is essential for life. A baby watching the air playing with the feather on her cradleboard was entertained while also being given a lesson on the importance of good air. This lesson comes forward in the way that the feather of the owl is kept for wisdom (a woman's feather) & the eagle feather is kept for courage (a man's feather). This is not to say that the use of each is restricted by gender, but that to use the feather each is aware of the gender properties she/he is invoking. (Indian people, in general, are very specific about gender roles and identity.) The use of gemstones, as we do in the ones we make for sale, is not something that was done by the old ones. Government laws have forbidden the sale of feathers from our sacred birds, so using four gemstones, to represent the four directions, and the stones used by western nations were substituted by us. The woven dream catchers of adults do not use feathers.

Dream catchers made of willow and sinew are for children, and they are not meant to last. Eventually the willow dries out and the tension of the sinew collapses the dream catcher. That's supposed to happen. It belies the temporary-ness of youth. Adults should use dream catchers of woven fiber which is made up to reflect their adult "dreams." It is also customary in many parts of Canada and the Northeastern U.S. to have the dream catchers be a tear-drop/snow shoe shape.

The above story is a combination of information gathered by Lyn Dearborn, from California, and Mary Ritchie, of the Northern Woodlands, with assistance from Canadian elders. Miigwetch!

### Ojibway Links:

<http://www.indians.org/welker/chippewa.htm>  
<http://www.turtle-island.com/traditions.html>  
<http://www.ecb.org/wisconsin/powwow/links.htm>  
<http://www.tolatsga.org/ojib.html>  
<http://www.mpm.edu/wirp/>  
<http://www.badriver.com/about.html>  
[http://www.wisconsinstories.org/2001season/native/tribal\\_cultures\\_essay.html](http://www.wisconsinstories.org/2001season/native/tribal_cultures_essay.html)  
<http://en.wikipedia.org/wiki/Ojibwa>  
<http://www.native-languages.org/chippewa.htm>  
<http://www.nativetech.org/shinob/index.html>  
<http://www.mnsu.edu/emuseum/cultural/northamerica/ojibwe2.htm>  
[http://www.geocities.com/bigorin/chippewa\\_kids.htm](http://www.geocities.com/bigorin/chippewa_kids.htm)  
<http://members.aol.com/nacanapah/ojibway.htm>  
<http://www.nativeamericans.com/Chippewa.htm>  
<http://www.nativeamericanlinks.com/>









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